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# longevity

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YOUR SKIN A  
HOLIDAY

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WITH OUR LOCAL  
TRAVEL GUIDE

Halle  
Berry  
ON HER  
LIFE PURPOSE

**SECRETS**  
TO STRONGER,  
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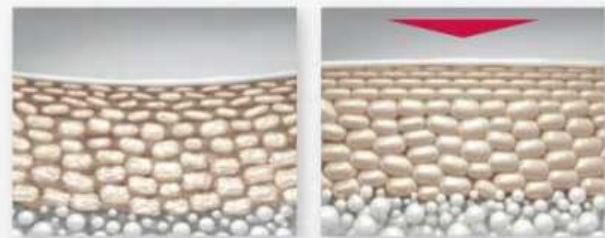
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PHOTO: Greatstock

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# EAT, *pray,* LOVE



In behalf of the team at *Longevity*, I would like to wish you all a happy festive season.

We hope that your holidays are filled with relaxing with your loved ones and enjoying your well-deserved break. Use the time to invest and recharge yourself, so you can start 2016 with a renewed zest and passion for life.

Elizabeth Gilbert said in the book *Eat, Pray Love*, “I crossed the street to walk in the sunshine.” We hope this edition inspires you to do exactly that!

The team have filled it with ideas, inspiring stories, recipes, beauty and fitness tips both inside and out, a free buyers’ guide to health products and services, as well as a unique creative adult colouring-in book (of mandalas) for you to enjoy during your holidays.

We thank you from the bottom of our hearts for your continued support of *Longevity* over the past year. We cannot publish without you and look forward to bringing you more healthy insights in 2016.

Travel safe, eat, pray and love... and enjoy! ■

Follow me on Twitter @giselewaymes and don't forget to visit [www.longevitylive.com](http://www.longevitylive.com). You can now buy a digital version of your favourite magazine. Visit [www.zinio.com](http://www.zinio.com).



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### ARE YOU A WINNER?

All winners will be contacted by a representative of Longevity magazine to tell you what amazing prize you have won.



## winning letter

### MIGRAINE WOES

Thank you for the article on migraine (Longevity Edition VIII). I had a chuckle, as I find many people think they know what the cause or possible cure is. I have had migraines since I was six, and now, at 40, I find the pain still as intense. Half the time, I am not sure what causes my migraines; at times I can almost feel an attack before it happens, and other times, I manage to contain the pain but not completely get rid of the headache itself. I have had all kinds of tests and the doctors could find nothing wrong with me. I even, at some stage, went on medication.

I remember one was a betablocker, and the result was that I became addicted and was popping any painkiller, even if I didn't have a headache. My mind was programmed that a pill a day keeps the migraine at bay. Then there was a magic little box of pills called the migraine cocktail. It was easily obtainable over the counter; the pharmacist gave you between four and six heavy painkillers – in my case, the headache was gone in 60 seconds (yes, I was counting). The result was that for the next two to five days I would feel like I have been hit by a truck. What I also found out was that this was addictive, and was later pulled off the shelves.

With age, I also find I get hormonal migraines. Sometimes I function through (not at my peak) with a migraine; some days I spend days in bed and cannot stomach anything until the bad wave passes. I have had all the symptoms at different times in varying degrees. I remember once thinking I am about to die and go to heaven; I was numb from head to toe, my sense of hearing was distorted and speech was blurred – it lasted seven days. The doctor could not find anything wrong with me.

Now I take it as it comes. The most important thing is getting back on a good, healthy path, eating constantly throughout the day. Hunger and thirst, too much heat or cold are, in my case, the biggest triggers. I am also sensitive to smell, cigarettes and fuel fumes, etc. Eating healthily, regular exercise (yoga and Pilates) and getting plenty of sleep, drinking lots of water work wonders for me. Knowledge and getting to know one's body is important. I also found out that dabbing peppermint oil on the chest is useful. We all have different stories, but we share the same sentiment; no one really understands what we go through. Until a cure is found, we remain a curious species to those who battle to understand why a Panado cannot cure the headache. – **Denise Mhlanga, email**

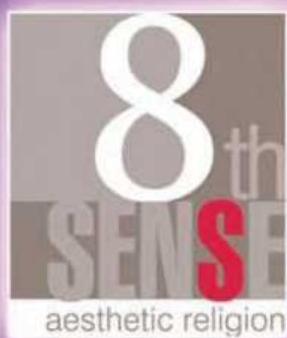
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# 8th SENSE - YOUR ONE STOP ANTI-AGING DESTINATION

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- IPL - Sun spots & pigmentation, redness
- CRYOLIFT® - Face radiance and rejuvenation
- GlyKopeel® & MELA® - Chemical peels for pigmentation
- i Pixel® Alma LASER - Fractional laser for wrinkles, pores, texture & acne
- ClearLIFT® laser - For clarity and lift, non ablative pain free & no downtime
- MOST LEDS® - Light therapy for scars, acne, rejuvenation etc.
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*A roundup of what we got up to this past month on our digital multimedia platforms*

CONVERSATIONS  
ON TWITTER AND  
FACEBOOK

#### @SOULVIBRANCE:

A great article from @longevitymag on the benefits of yoni steaming: "Anti Aging Trend: Vaginal Steaming" #wellness

#### @KHEYRNEDANU:

Today @iamsamclayton reminds us of the joy that comes from simple things; whole-food, outdoor training & family fun @Herbalife @longevitymag.

#### @KIMMARYBELL:

81% of SA say it's possible to start poor, work hard & become rich #FutureFact Jos Kuper #Medialab

#### @VITACOCOZA:

#Heatwave advice via @longevitymag. Stay hydrated. Naturally!

#### @LOISWESSELS:

@longevitymag Great article re testing Clarins Trichotin and Africology products – I am entering.

#### @HELPDIETSA:

@longevitymag @matzke003 thanks for sharing it. Love what you do Longevity!



*Share your thoughts  
with us @longevitymag*

#### THIS IS THE AMINO ACID THAT YOUR BRAIN NEEDS

Researchers at the University of Geneva have recently discovered a unique way in which the amino acid glutamate is used by the human brain to create energy. While many organs draw their energy from lipids, the brain is not able to; this makes glutamate crucial for proper brain functionality.

#### ROBIN WILLIAMS' SUICIDE CAUSED BY DEMENTIA? – OUR EXPERTS' VIEW

The wife of late actor Robin Williams, Susan Williams, recently revealed that she believes her husband's suicide was as a result of dementia with Lewy bodies, and that his "depression was one of let's call it 50 symptoms, and it was a small one."



“

## YOUR COMMENTS ON SOME OF OUR POPULAR ARTICLES

### THE MISDIAGNOSIS & MISTREATMENT OF MIGRAINE

Trying to understand the diagnosis and treatment of migraine is like navigating a field of landmines. We look at how you can ensure that you receive the correct diagnosis and treatment.

**James:** This is one of the best overall reviews of migraines that I have come across in a while. It really clarifies that migraines are not a simple category of headaches. Personally, I've broken them down into structural and non-structural headaches, but there is a heavy "bleeding over" of one into another. The problem with this is that few physicians are qualified to address all aspects of a headache, thus leading to eventual treatment failure.

### 10 KEY DIET LESSONS FROM THE OKINAWANS

The Okinawans are considered the oldest concentrated living population in the world. And it is believed that a key factor to their longevity is their diet.

**Kelly:** When it comes to diets, I honestly believe people overthink what needs to be done. Regardless, it is great they plan on becoming healthier either by diet or exercise. I decided to try the Paleo diet and can't say anything bad about it. Like always, nothing works unless you do!

”

### MOST POPULAR ARTICLES

#### SIMON GEAR SHARES HIS VIEWS ON SA DROUGHT

We speak to Simon Gear, environmental and science correspondent for Primedia Broadcasting, to get his view on the worst drought South Africa has faced since the 1940s, and the consequences that we may face as a result.



#### CHARLIE SHEEN REVEALS THAT HE IS HIV POSITIVE

After four years of attempting to keep his status a secret, television star Charlie Sheen revealed on the NBC Today Show, that he is HIV-positive. He shares the symptoms that led to his diagnosis, the blackmail that pushed him to finally come clean, and discusses the rumours that he put the lives of many of his sexual partners at risk.



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## 1

**FITNESS****RUNNING SLOWS DOWN  
YOUR AGING CLOCK**

A study conducted by researchers at the University of Colorado says regular exercise may extend a high-quality, disability-free life. Although walking has several benefits, including improving memory and preventing illness, running has even more benefits, according to the study.

Thirty men and women aged 60 to 70 answered the call to participate in the study. The group was split into two: half of the group was tasked with walking for 30 minutes three times a week, while the other half was told to run for the same amount of time. The research team then measured their oxygen intake and biomechanics while both groups walked on a treadmill at the conclusion of the study.

Researchers found that the running group walked far more efficiently than the walking group, while the walking group expelled as much energy as someone who was inactive seven days out of the week. The researchers speculate that the difference lies within the muscle cells and the amount of mitochondria produced. Mitochondria provide energy, which allows people to move longer with less effort. Runners had better muscle coordination than their walking counterparts, which means the runners were able to go longer without consuming as much energy.

It's not too late if you haven't started running yet. Justus Ortega, an associate professor of kinesiology at Humboldt University, who led the study, stated: "Quite a few of our volunteers hadn't taken up running until they were in their 60s."

2

## VITAMIN C

### MAY HAVE CARDIOVASCULAR BENEFITS

While overweight adults are advised to exercise to keep healthy and reduce heart problems, the reality is that not all of us are able to. This could be due to illnesses that prevents any form of exercise, joint pain, or a number of other reasons, and this is where supplements play an essential role in promoting and assuring longevity.

A new study suggests that taking vitamin C supplements daily can have cardiovascular benefits similar to regular exercise for these adults. According to the researchers, the blood vessels of overweight and obese adults have elevated activity of the small vessel-constricting protein endothelin (ET)-1. As a result, these vessels become less responsive to blood flow demand, increasing risk of developing vascular disease.

The study, conducted at the University of Colorado, found that daily supplementation of vitamin C (500mg/day, time-released) reduced ET-1-related vessel constriction as much as exercise such as walking did. Vitamin C supplementation represents an effective lifestyle strategy for reducing ET-1-mediated vessel constriction in overweight and obese adults, the researchers wrote.



3

## HEALTH

### PHARMACEUTICAL CONTAMINANTS FOUND IN DRINKING WATER

Prof Hugh Patterton, head researcher at Stellenbosch University, and his team recently released an eye-opening study on the contaminants in South Africa's drinking water. They found 34 pharmaceuticals and pesticides present in the water that have never before been identified – the professor refers to these as "contaminants of emerging concern".

"Contaminants of emerging concern are compounds that we previously did not identify or understand the health impact of," explains Patterton. "There have been studies done in Europe testing for pharmaceuticals and pesticides in drinking water; however, this is the first study testing for these that we have released in South Africa."

How harmful are these contaminants to our health? Patterton states: "These contaminants occur at very low frequency, so there is no immediate health danger to drinking the water. However, what the effect of consuming them, even in such small amounts, over a 20-year period might be... we are not sure. That is why we are attempting to create awareness and calling for further research in this area."

He stressed that, at this point, there is no cause for alarm. They have no evidence to show that any of the contaminants in South African water cause immediate or serious health challenges.

Patterton says the biggest threat comes from the South African household.. "The problem is that many people are disposing of their old or unused pharmaceuticals in an inappropriate and dangerous manner. They either throw them in a dustbin, which gets them dumped at a landfill, where they can then dissolve into our ground-level drinking water, or they flush them down the toilet, which puts them straight back into the water system.

"The other issue is simply one of excretion. When someone is on medication and they use the bathroom, the pharmaceutical products that were not taken in by the body are also excreted and recycled, through the sewerage system, back into our drinking water."



## NUTRITION SEXY ADS FOR FRUIT AND VEG

"Fruits & Veggies is officially a brand now. That's why we've got a shiny new logo, commercials, and even living, breathing celebrity endorsers." So says the FNV home page. FNV is a multimedia campaign that is enlisting celebrities, such as Jessica Alba and Kristen Bell, to provide competitive advertising for fruit and vegetables.

"We will be stealing a page out of the big brands' playbook with advertising for fruits and veggies," explains James Gavin, a board chairman of Partnership for a Healthier America. "We are pulling out all the stops. We will be disruptive. We will be proactive. We will leverage celebrities. We will stop at nothing until the country is asking for more fruit and veg, please."

America, among many other countries, is in a health crisis, and the primary contributing culprit is fast-food

consumption. "A child sees on average 5 500 junk-food adverts a year, while seeing only 100 for water, fruit, vegetables and whole grains," says Sam Kass, previous senior policy advisor for nutrition policy to president Barack Obama, executive director for First Lady Michelle Obama's Let's Move! campaign, and White House assistant chef.

"We need to look at how we are promoting healthy foods. Fast-food adverts appeal to emotional responses like happiness, which will always beat an abstract idea of health. Healthy-food adverts need to be just as sexy and emotionally appealing as fast-food ads, in order for them to make an impact."

Importantly, the campaign has the first lady's backing. "This campaign is going to be amazing. It is exciting, it is fresh, it is current. If folks are going to pour money into marketing unhealthy foods, let's fight back with ads for healthy foods," she says.

## 5. SLEEP – GET SOME SHUT-EYE

There has been a marked increase in the number of people experiencing sleep issues, both in falling and staying asleep. Research has found that this has much to do with the increased presence of "blue light" in our lives – from cellphones, tablets, televisions, and even LED and fluorescent lights.

South African specialist ophthalmologist Dr Rob Daniel explains that the problem with blue light is that it suppresses the production of melatonin (the sleep

hormone). This means it takes us longer to switch off, as the blue light that is emitted from our electronic devices is essentially signalling the brain to wake up, as opposed to shut down.

Daniel has come up with a solution: SleepSpec, glasses that have special orange lenses that cut out the blue light. Worn for two hours before bed, they allow melatonin to be produced, therefore preparing your body for sleep. This means you can continue to check your Twitter feed,



post on Facebook or watch television, and it will not impact on your sleep.

Daniel reiterates that lack of sleep cannot be overlooked, as studies show a link between sleep difficulties and an increase in mental concerns such as dementia, Alzheimer's and even Parkinson's.

# INFERTILITY

## EGG DONATION: A RISKY BUSINESS?

With infertility on the rise, the business of egg donation is gaining momentum. Monetary exchange for eggs is illegal in South Africa, but that doesn't stop companies from luring young women into exchanging their eggs for various forms of payment – although it seems the health risks may outweigh the benefits.

It has recently been reported that many South African women have been responding to advertisements promising all-expenses-paid overseas holidays in exchange for their eggs. Many of these young ladies have returned home with serious health complaints, mostly due to ovarian overstimulation caused by the incorrect administration of hormone medicines. Cape Town fertility psychologist, Lizanne van Waart says: "The great need for donor eggs has fostered an illegal international market in which childless couples are prepared to pay for eggs." Van Waart, who together with her husband Dr Johannes van Waart, own Wijnland Fertility Clinic in Cape Town, said that young women should avoid travelling overseas to donate their eggs; "Falling ill in a far-off country is bad enough, but the complications arising from hyperstimulation or infection can be life-threatening. What's more, the lines can become blurred in terms of a patient's legal status, and questions may arise about whether the cost of medical care will be covered by the donor's medical cover while out of the country and after having put themselves at risk." In the article

*Egg-brokers: the legality of payment for*



*egg donations*, in the University of the Witwatersrand student law journal *Inkundla*, Adrian Carr says: "The uncovering of illegal organ trafficking in 2003 highlights the risks that the impoverished are willing to take in order to gain money for their needs, regardless of the associated health risks. If poor South Africans are willing to sell their organs for financial gain, then there is a distinct possibility that poor South African women would be willing to sell their eggs, even if it places their health at risk."

Egg donation is a complex process that involves strong hormonal medication. An evaluation of egg donors published in the journal *Fertility and Sterility* in 2010 found that 20% of egg donors experience long-term psychological effects, including concerns about the people who were raising their genetic offspring. The physical side-effects reported included pain and cramping, ovarian hyperstimulation, mood changes and irritability, as well as weight gain or loss. Several women contended they had suffered infertility, decreased fertility, premature menopause, or damage to their ovaries.

In the 1990s, studies pointed to a link between fertility drugs and breast or ovarian cancer. One study suggested that women who took an ovulation-stimulating drug called clomiphene citrate (Clomid) for more than a year had 11 times the risk of developing ovarian tumours compared with the general population. It is clear that egg donation is not to be taken lightly.

For the full story visit [www.longevityLIVE.com](http://www.longevityLIVE.com).

# 7 HEALTH

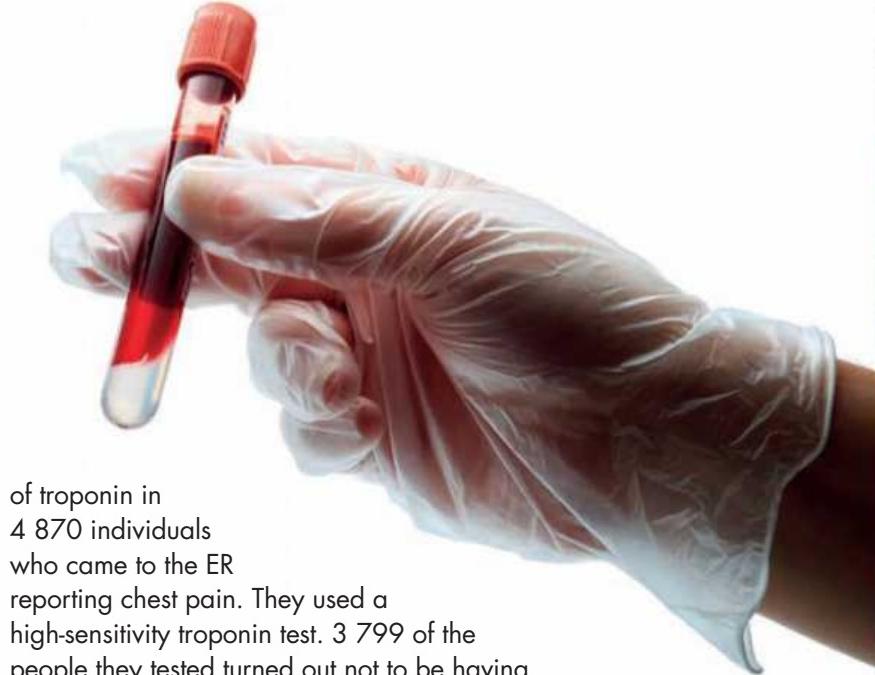
## NEW BLOOD TEST TO RULE OUT HEART ATTACK

A new test, developed by scientists at Edinburgh Royal Infirmary, takes just 30 minutes to rule out the possibility of a heart attack, and is believed to have a 99,6% accuracy rate. The procedures we have been using until now require a minimum of two tests, one on admission and one 12 hours later.

"The ultimate goal would be to have a single blood draw for the majority of patients," said study author Dr Atul Anand, of the University of Edinburgh in Scotland. It is predicted that the test could move two-thirds of patients who have reported to hospital with chest pain through the ER faster, saving time and resources.

Current tests work by scanning the blood for a chemical known as troponin, released by the damaged heart muscle; however, the new test can determine much lower levels of this chemical in a much shorter period of time. These findings have been reported in the form of a two-part study in *Lancet*.

In 2013 and 2014 the researchers tested the level



of troponin in 4 870 individuals who came to the ER reporting chest pain. They used a high-sensitivity troponin test. 3 799 of the people they tested turned out not to be having heart attacks. The researchers recognised that 61% of these individuals had a troponin level below 5 nanograms per litre. They then calculated that if the troponin level was lower than, or equal to, this amount, there was a 99,6% chance that the person would not have a heart attack within the next 30 days.

In a follow-up series of trials, the researchers replicated their results in another 1 126 patients in Scotland and 308 patients in the US. Anand explains that this study shows that people who have a 5ng/l level of troponin in their blood are at low risk, and may be able to go home or be referred to their primary-care doctor.



# 8

## WELLBEING

### MUSIC FOR YOUR SOUL

Scientists at the University of Missouri have found that you can boost your mood simply by listening to upbeat music. The study's lead researcher, Yuna Ferguson, explains: "Research suggests that our happiness relates to a higher probability of socially beneficial behaviour, better physical health, higher income and greater relationship satisfaction."

The research, published in the *Journal of Positive Psychology*, found that you can boost your mood and improve your overall wellbeing in just two weeks. And finding new music you like also boosts your happy hormones. A study, published in *Science*, reveals that listening to a new song you like stimulates your brain's reward centre. The stronger your response from the sensory, emotional and executive parts of your brain, the more likely you were to purchase the track. Plus, your song choice can improve your mood when you are feeling blue.

# 9



Eat healthy foods,  
mostly plants.



Eat moderate  
amounts of fresh  
wild fish



Ensure a low  
consumption of meat  
and meat products.



Eat lots of legumes  
and beans.



Your diet must be rich  
in omega-3 fats.



Eat dairy in  
moderation.



Drink moderate  
amounts of  
alcohol.



Keep your caloric  
intake low and stick  
to moderate-size food  
portions.



Ensure a high  
monounsaturated-  
to-saturated fat  
ratio.



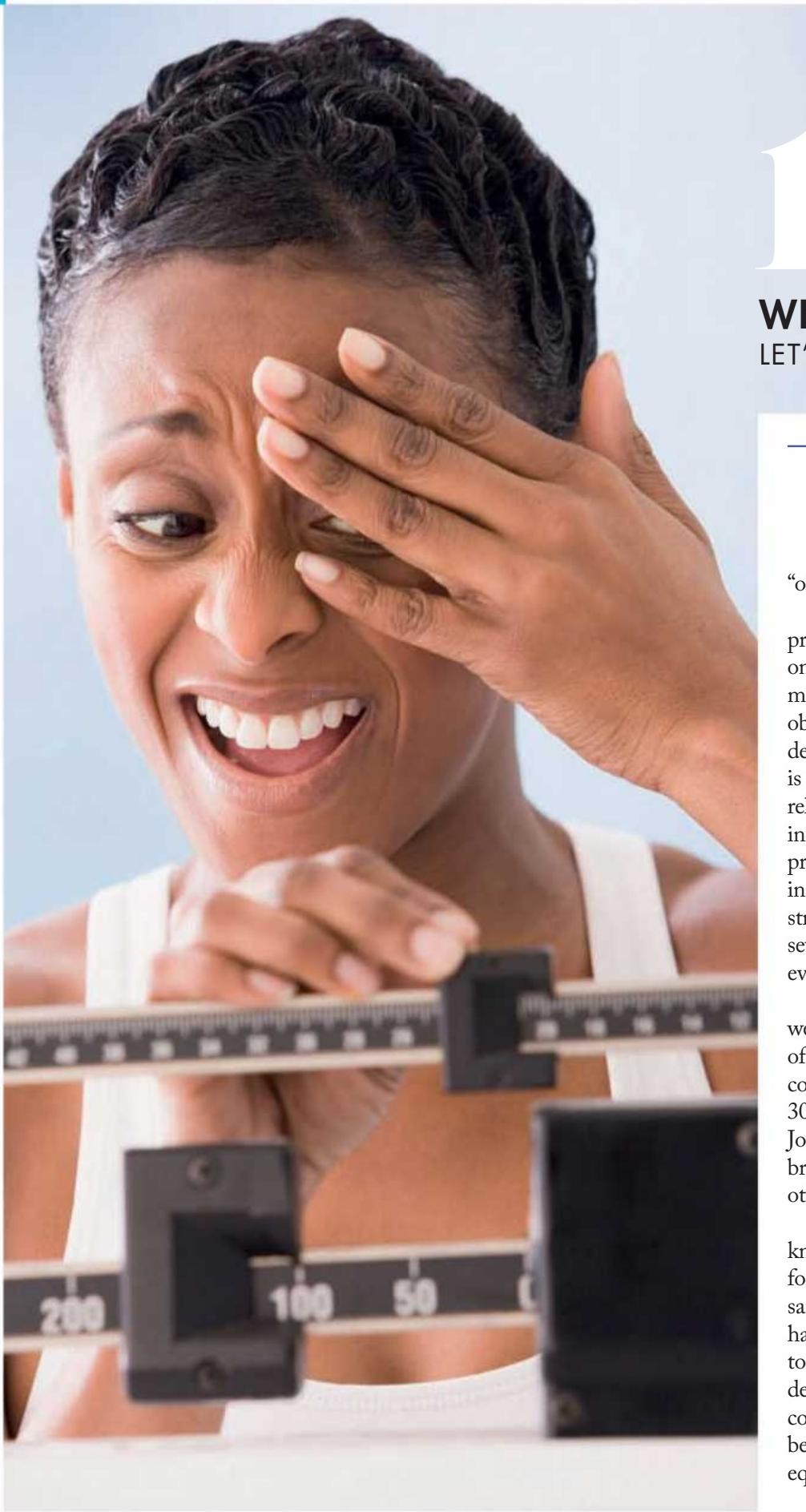
Ensure that your  
diet contains low-GI  
carbohydrates.

## NUTRITION

### EAT LIKE AN OKINAWAN

If you want to increase your longevity, look no further than the Okinawans. A team consisting of Makoto Suzuki, a cardiologist geriatrician, Bradley Wilcox, a physician-investigator in geriatrics, and Craig Wilcox, an expert in aging, conducted The Okinawa Centenarian study, the longest living study of centenarians, examining over 900 centenarians, as well people in their 90s, 80s and 70s.

Considered to be the oldest concentrated living population in the world, Okinawans have healthy arteries, low cholesterol, and maintain a healthy blood pressure. Their body mass index ranges from 18-22, meaning they have a low fat percentage. They also have a low risk of hormone-dependent cancers. They follow a low-calorie and low-glycaemic-load diet, practising a cultural habit called *hara hachi bu* (eating until they are only 80% full).



# 10

## WEIGHT

LET'S REDEFINE "OBESITY"

The Biokinetics Association of South Africa (BASA) has called for the definition and management of "obesity" to be revisited.

Dr Gerda Joubert, BASA president, believes the current reliance on body mass index (BMI) as a measure to determine overweight and obesity is too narrow to accurately determine whether someone is really at risk of developing obesity-related health complications. These include conditions such as high blood pressure, coronary heart disease, insulin resistance, Type-2 diabetes, stroke, gall bladder diseases, and several types of cancers, depression or even lower-back pain.

BMI is calculated by dividing your weight in kilograms by the square of your height. A result of over 25 is considered "overweight", and over 30 is classified as "obese". However, Joubert believes this definition is too broad and fails to take into account other important factors.

"What many people may not know is that it is quite possible for two individuals of exactly the same height and weight – and thus having the same BMI – to be at totally different levels of risk for developing obesity-related health conditions," she says. (See example below.) "Missing factors in the 'obese' equation are the person's body fat

percentage and waist circumference – and that needs to be measured by a trained medical professional such as a biokineticist.

"Biokineticists are trained to conduct anthropometric measurements – systematic measurements of the size, shape and composition of the human body, including total body fat percentage," Joubert explains. "Once you know what your body fat percentage is, a biokineticist will prescribe an exercise or movement programme that is designed to reduce your body fat percentage, while taking account of your state of health."

However, dealing with overweight and obesity effectively requires a multidisciplinary approach. The exercise programme prescribed by the biokineticist has to be combined with an appropriate individualised eating programme, which should be formulated by a registered dietitian. Joubert also advises anyone wanting to reduce their body fat percentage to be checked by a GP, physician or health nurse for any obesity-related risk factors, such as high cholesterol, blood pressure and blood glucose. Should any of those risk factors be found to be present, they will be taken into account by the biokineticist and dietitian when formulating appropriate exercise and eating programmes.

"There are no quick-fix solutions to beating obesity and obtaining the right body fat percentage. However, adopting scientifically based programmes will enable you to achieve your goal safely and in a way that is more likely to have the best long-term results," Joubert says.



## BMI VS BODY FAT MEASUREMENT

Two women are both 1,62m tall. Both weigh 63,5kg. Both have an ideal BMI of 24.

The first woman doesn't exercise and eats a lot of junk food. She keeps her weight down by controlling her junk-food portion sizes. A body fat test reveals that she has 19kg of fat and 44,5kg of lean mass. That gives her a body fat percentage of 30 – just shy of the "obese" range. The other woman does weight-training workouts and cardio exercise three times a week. She eats a healthy diet. Her body fat test reveals she has 12,7kg of fat and 50,8kg of lean mass, giving her a body fat percentage of 20 – hovering between the coveted "athlete" and "fit" range. With these results, it is not surprising that the women's body shapes are very different – as is their risk of developing obesity-related disorders. ■

## BODY FAT PERCENTAGE INDEX

CATEGORY	MEN	WOMEN
Essential fat	2-4%	10-12%
Athlete	6-13%	14-20%
Fit	14-17%	21-24%
Acceptable	18-24%	25-31%
Obese	≥ 25%	≥ 32%

# HEALTH *inspiration*

BY SAVANNAH FREEMANTLE



5

## MINUTES WITH

RISING STAR, SINGER/SONGWRITER,  
MODEL AND HEALTH ADVOCATE  
ARABELLA LATHAM

Arabella Latham is South African born and bred. The 18-year-old singer/songwriter and model advocates focusing on health and wellness in an effort to achieve her goals. She started writing music when she was 11 and, at the age of 16, released two singles, Like This and Someday, both of which reached the top 30 on the iTunes charts and have received national radio play. She has penned over 100 full songs and has opened for some of South Africa's internationally recognised acts, such as Just Jinger and Goldfish.

***I fell in love with music when I was really young,*** as it has always been a part of my life at home. When I was 11 years old, I discovered pop music and Taylor Swift. I remember thinking that I had an infatuation with the way a person could write a song that made you feel all the right things at all the right moments. Once I had written a sentence of my first song, I knew I was in it for life.

***One of the hardest things I've had to overcome*** is self-doubt, which often is spurred on by people around me. Even though I can sometimes see people smirking at my naivety when I tell them I want to be a singer, I have to believe that I'm to be successful in this industry. Another challenge came with being a 16/17-year-old girl in an industry predominantly favouring men. It is very hard to get people to take me seriously, especially as a pop artist, as people immediately associate pop musicians with a lack of talent.

***We all have busy lives,*** and sometimes things come up that can throw you off a health schedule that is too structured. Now I just "eat to live", instead of "living to eat". And by that I mean my diet and fitness are my fuel to be able to cope with whatever comes my way, so I "listen" to my body and try to give it what it needs.

***I like to make healthy choices in my diet.*** I try my best to stick to fibrous carbohydrates, and always start my day with sustainable food that will give me prolonged energy, such as oats or egg. Unlike most young people, I'm actually a huge fan of greens. I love broccoli and spinach, which definitely makes it easier for me to consume the necessary vitamins.

***Health and wellness*** are states of "being", wherein your body is physically and psychologically able to cope with the tasks you're putting it up against. These are two of the most important things in the world, in my opinion. If your body is physically healthy and free of fatigue, you will be able to get through tasks without feeling discouraged and exhausted. Also, if you look good or know that you are fit, you will automatically feel better about yourself. And it is this capability and confidence which will make you psychologically happy.

***It is so important for me to follow my passion*** – and this is a lesson I've had to learn the hard way. I've found that if I go too long without being creative or without advancing in my music career in some way, I can feel depressed. I've learned that my passion is the only thing that will keep me psychologically healthy and happy. ■

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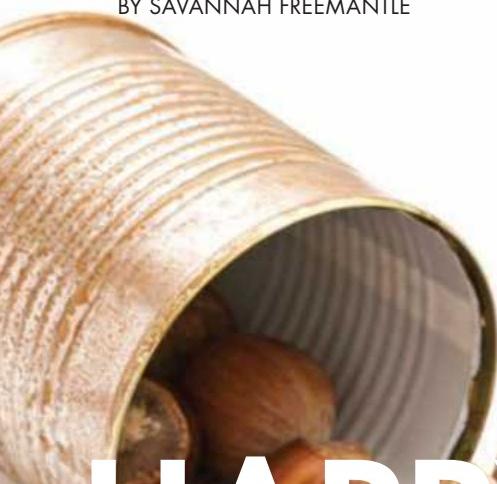
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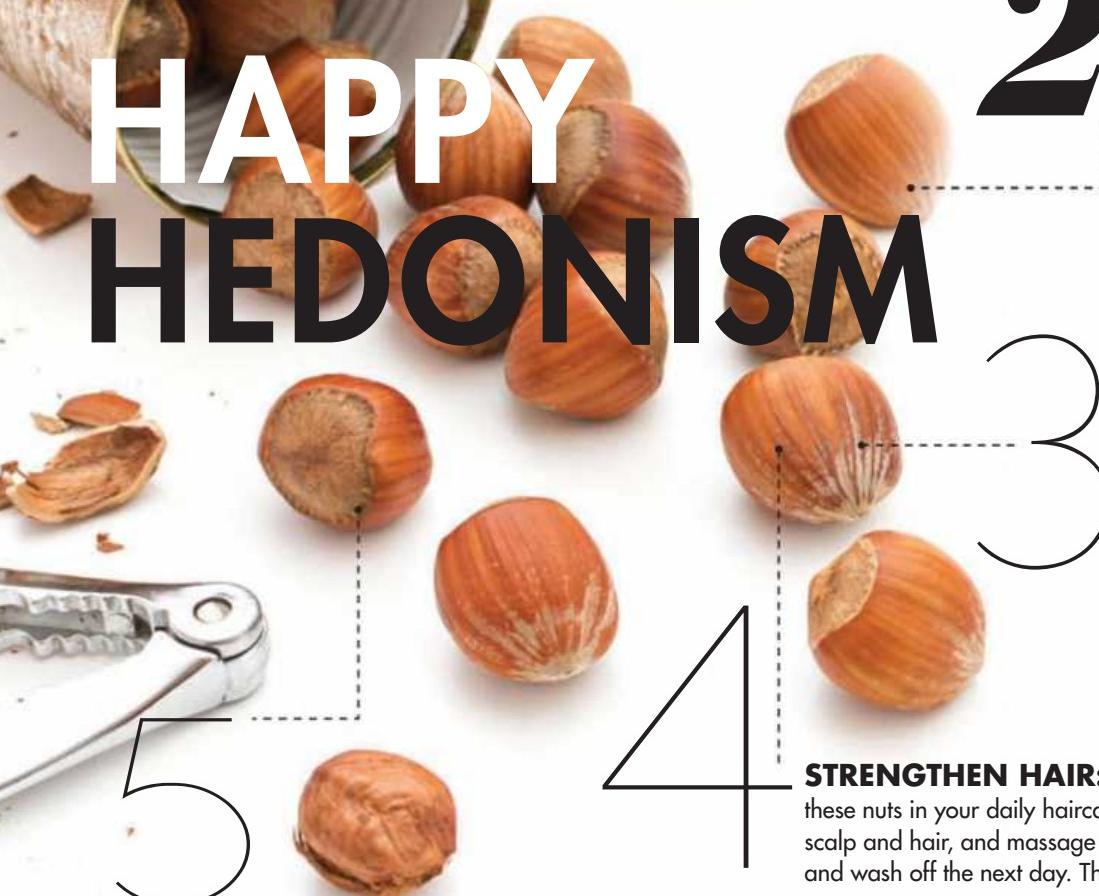
# DID YOU know?

BY SAVANNAH FREEMANTLE



HERE ARE  
SOME DINNER-  
CONVERSATION  
TITBITS YOU NEVER  
KNEW ABOUT  
HAZELNUTS

## HAPPY HEDONISM



### FIGHT HEART DISEASE:

Hazelnuts are rich in monounsaturated fatty acids such as oleic acid, as well as essential fatty acid linoleic acid, which helps to lower LDL, or bad cholesterol, and increase HDL, or good cholesterol. Research studies suggest that monounsaturated fatty acids help to prevent coronary artery disease and strokes by favouring a healthy blood lipid profile.

6

### GLUTEN-FREE:

These nuts, like almonds, are free from gluten, and therefore safe for use in the preparation of gluten-free food formulas for gluten-sensitive, wheat-allergic and coeliac-disease patients.

1

### ANTI-AGING

**PROPERTIES:** Hazelnuts are an excellent source of vitamin E, containing about 15g per 100g (providing 100% of the recommended daily allowance). Vitamin E is a powerful lipid-soluble antioxidant required for maintaining the integrity of mucous membranes and skin by protecting them from harmful oxygen free radicals.

2

**PROTECT AGAINST CANCER:** These nuts are rich in dietary fibre, vitamins and minerals, and are packed with numerous health-promoting phytochemicals. Altogether, they help to protect against diseases and cancers.

3

### GOOD FOR SKIN:

Hazelnut oil has a nutty aroma and excellent astringent properties. It helps to keep skin protected from dryness. The oil has also been used in cooking, and as a "carrier" or base oil in traditional medicines, in massage therapy, in aromatherapy, and in the pharmaceutical and cosmetic industry.

5

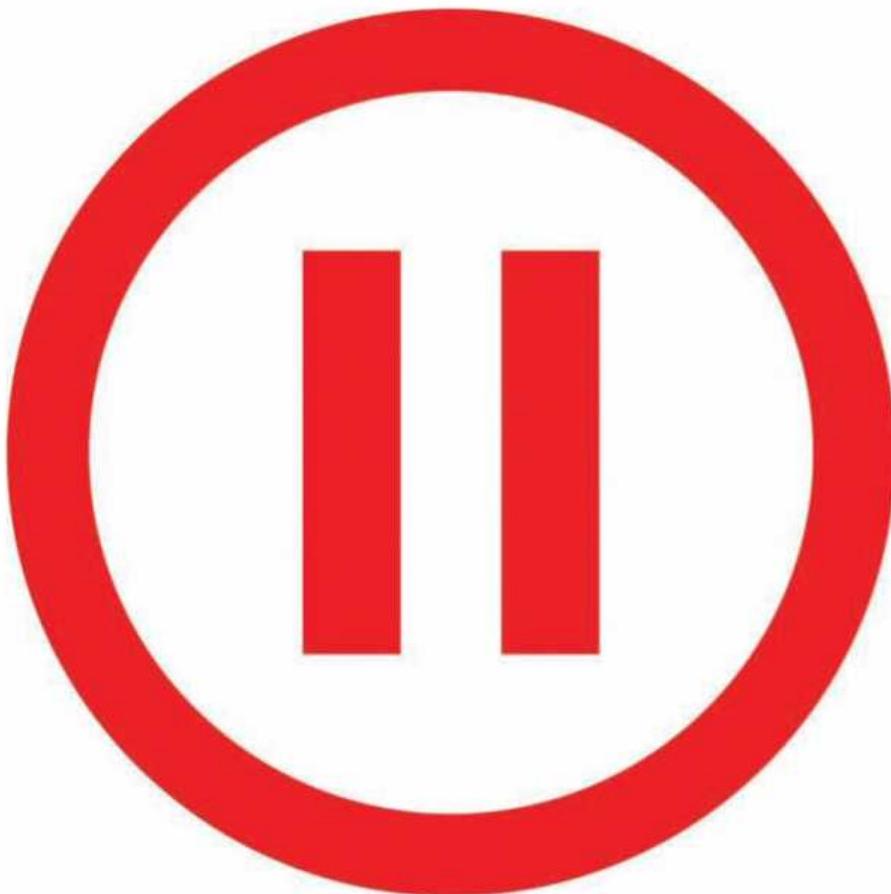
**STRENGTHEN HAIR:** You can use the oil extracted from these nuts in your daily haircare regimen. Just apply a little on the scalp and hair, and massage for a few minutes. Leave it overnight and wash off the next day. This works best with a mild shampoo.

7

### NATURAL SUNBLOCK:

You can apply hazelnut oil to your skin as a natural sunscreen, safeguarding you from the harmful effects of UV rays. Just mix a few drops each of sesame, avocado, walnut and hazelnut oils, and apply this to your skin daily. ■

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# COMPETITION *time*

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- Weight management
- Pre-Op preparation and post-op recuperation
- Oncology treatment support
- Trauma support
- Stop smoking
- Lifestyle disease management: High blood pressure, cholesterol problems, diabetes, metabolic disorders, obesity

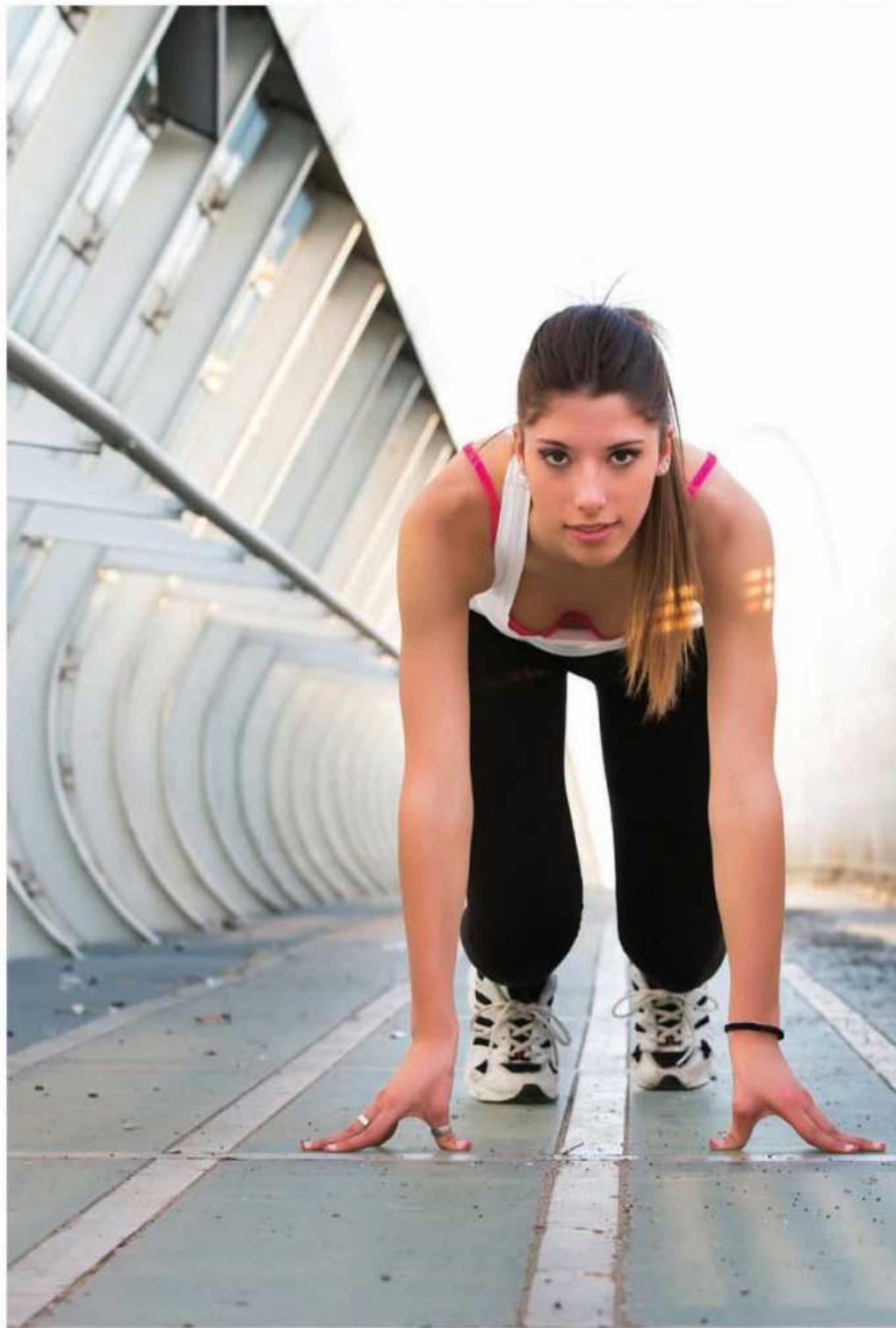


### HOW TO ENTER

To win one of two 5-day Kick-Start Wellbeing retreats at Hoogland, SMS "LONGHoogland", your name, surname, postal address, contact number and email address to 35975. SMSs cost R1,50. Competition lines open 7 December and close 22 January 2016. SMSs cost R1,50. Free minutes do not apply. Errors are billed. For further terms and conditions see page 9.

# EXPERT ADVICE

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# EXPERT advice

BY SAVANNAH FREEMANTLE



You Docs  
EXPERT ADVICE



Dr Mehmet Oz is host of The Dr Oz Show, and Dr Mike Roizen is chief wellness officer and chair of the Wellness Institute at Cleveland Clinic. Email your health and wellness questions to Dr Oz and Dr Roizen at [youdocsdaily@sharecare.com](mailto:youdocsdaily@sharecare.com).

## YES, YOU CAN PREVENT A 'BRAIN ATTACK'

Thanks to amazing medical advances, more people than ever are surviving strokes – the blood clots and leaks that block blood flow to parts of the brain.

A new study finds that stroke ages your brain by eight years. When University of Michigan scientists compared memory and thinking-speed tests before and after a stroke for 4 900 people, they found that having a brain attack eroded mental skills as much as if they'd aged almost a decade overnight. But here's the good news: while up to one in three Americans is at higher-than-average risk for a stroke, a whopping 80% of brain attacks don't have to happen at all! Here's a simple, seven-step plan to protect your noggin:

© 2015 Michael Roizen, MD, and Mehmet Oz, MD.  
Distributed by King Features Syndicate Inc



**1. Take high blood pressure very seriously.** Out-of-control blood pressure boosts your odds for a stroke four to six times. See your doc if you don't know your blood pressure numbers or if you're not sure whether they're in the healthy zone – we think 115/75 is a good target for most people. Weight loss, exercise, a produce-packed diet that's naturally low in sodium, and taking time to de-stress can help. And if you're prescribed BP meds, take them! Then keep a spreadsheet of your numbers. Your brain is worth it.

**2. Do. Not. Smoke.** Cigarettes double your risk for an ischemic stroke, the most common type, caused by blood clots. Smoking raises your risk for a haemorrhagic stroke, caused by a leaky blood vessel, four-fold. It's never too late to quit. Best plan: an anti-crave medication, nicotine-replacement patches and other products such as sprays and gums, plus a rock-solid support system.

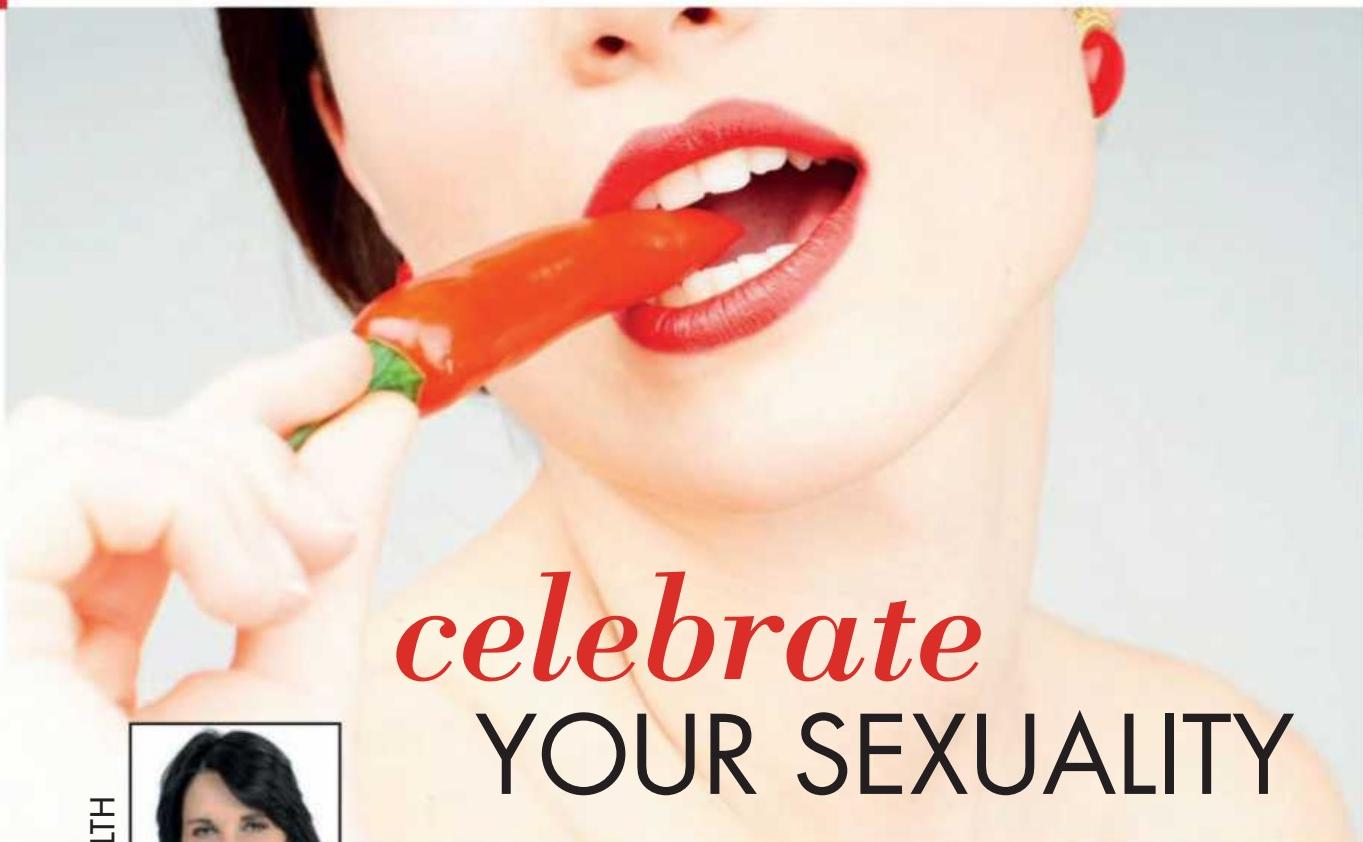
**3. Lower your "lousy" LDL cholesterol.** High LDL levels can clog your carotid arteries, the big blood vessels at the sides of your neck that send blood to your brain, with fatty plaque. That boosts stroke risk. Rebalance your LDL cholesterol level by eating fewer saturated fats (in fatty and processed meats, full-fat dairy products and processed foods), enjoying "good" fats (such as nuts, olive oil, fatty fish and avocados) in moderation, and walking 10 000 steps every day, no excuses. If your doc recommends a cholesterol-lowering statin, take it. Studies show that folks with a high stroke risk can lower their odds for a brain attack by 21% by taking a statin. Statins also help to prevent the brain aging that results from a stroke.

**4. Control diabetes.** Blood-sugar problems boost stroke risk by 50%. High blood pressure and high cholesterol often come with diabetes. Keep blood sugar in line, too.

**5. Eat well.** A Mediterranean diet – full of produce, good fats, fish, beans, plus some nuts, olive oil and red wine in moderation – could reduce your stroke risk by 18%, according to new research from Spain. Your brain will thank you for eating like you're on a Mediterranean vacation, relaxing on the patio with grilled fish, a big salad and a glass of wine.

**6. Get sweaty.** Get 10 000 steps a day. Once you're doing that, add tennis, gardening or swimming. Any activity that challenges you a little bit cuts odds for "mini-strokes" – transient ischemic attacks, which often presage a full-blown stroke – by 40%. These little strokes double your risk for brain dysfunction and boost your odds for a full-blown stroke five-fold. And they're common: about 11% of people between the ages of 55 and 65, and 50% of people over the age of 80, have them.

**7. Act fast.** If you or a loved one has any signs of a stroke, call for help right away. Signs include weakness or numbness on one side of the body; sudden confusion or trouble understanding; trouble talking; dizziness, loss of balance or trouble walking; difficulty seeing or double vision; and/or severe headache. Remember, time lost is brain lost. ■



# celebrate YOUR SEXUALITY

SEXUAL HEALTH



## SEXUAL HEALTH

DR EVE is a well-known South African sexologist, author and Evarmiles ambassador

As women, our different roles within society often call for us to don many different hats: we successfully sit on the boards of organisations, we chair important meetings, we run households on tight schedules (and budgets), and we conjure up meals that would make Nigella proud. We are often praised for our resilience, our strength, our capacity, and the huge battles of inequality we have fought and won over the centuries.

But what about when it comes to our (ahem...) sexuality? Are we really allowed to identify and pursue the sex we desire, or are these matters still taboo, even in 2015? No matter what mountains women conquer, what groundbreaking discoveries they make or how successful they are in the workplace, it seems there are still too many double standards prevalent in

women's pursuit of sexual pleasure.

Women shouldn't feel that they have nobody to talk to or that their sexual pleasure is less important than that of their male partner. Women need to know that they are allowed to have sexual fantasies – and act on them in a safe and secure environment – and that they are allowed to speak up if something is not as it should be. Thanks to pop-culture, raunchy literature and the tireless efforts of individuals who have fought to break the stereotypes that "a women's place is in the kitchen", today's women definitely have the right to desire, actively contribute to and partake in sexually fulfilling, healthy and mutually satisfying bedroom endeavours.

I think women also need the reassurance that they truly can have everything, including the sex they desire, and have it without being judged. We no longer have to suffer in silence or speak behind closed doors. We have the freedom to seek out sexual health professionals who can guide us in the right direction, plus make use of a product such as Evarmiles Gel, which is a sexual stimulant made specifically for women that just launched in South Africa. ■

Marion Nestle is Paulette Goddard professor in the Department of Nutrition, Food Studies and Public Health, and professor of sociology, at New York University. She has a PhD in molecular biology and an MPH in public health nutrition, both from the University of California, Berkeley. She has authored numerous books on nutrition, and is outspoken on her blog [www.foodpolitics.com](http://www.foodpolitics.com).



NUTRITION

## WHO CLARIFIES MEAT-AND-CANCER REPORT



The World Health Organization has issued a statement of clarification of the significance of its International Agency for Research on Cancer (IARC) report on the increased risk for colorectal cancer from eating processed and red meat. The latest IARC review does not ask people to stop eating processed meats, but indicates that reducing consumption of these products can reduce the risk of colorectal cancer.

Got that?

The *New York Times* explains the meaning of this increased risk. To understand it, you need to know the risk of colorectal cancer among people who never eat processed or red meat.

The main problem with the public health messages put out by the WHO is that the agency did a poor job of explaining what its risk-ranking system really means... it's based only on the strength of the overall research, not on the actual danger of a specific product. Even the most strident anti-meat crusader knows that eating bacon is not as risky as smoking or asbestos exposure. Smoking raises a person's lifetime risk of developing lung cancer by a staggering 2,500%. Meanwhile, two daily strips of bacon, based on the associations identified by the WHO, would translate to about a 6% lifetime risk for colon cancer, up from the 5% risk for people who don't enjoy bacon or other processed meats.

My interpretation: can processed and red meats be included in healthful diets? Yes, of course. But for many reasons, people and the planet would be healthier if these foods were consumed in smaller portions, less often. ■ Turn page 92 for more.



DR JOHN DEMARTINI is a human behaviour specialist, educator, international best-selling author and founder of the Demartini Institute. Visit [www.DrDemartini.com](http://www.DrDemartini.com).

## HOW TO STOP THE GREEN-EYED MONSTER FROM RUINING YOUR RELATIONSHIP

**Q** For the past three years, I have been in a relationship with a very intelligent, good-looking man who is also a very successful businessman. No matter how hard I try, I can't stop myself from feeling jealous when he is working or socialising with other women. I'm always afraid that he will find one of them better looking or more intelligent, or a more suitable partner than me. How do I stop myself from feeling inferior to these women? I am a good-looking, intelligent woman myself, but when I see him with another woman, either in a working or social situation, I can't help but feel jealous.

**A** Jealousy is a feeling that emerges when you begin to perceive that you are possibly going to "lose" someone, some aspect of someone, or something, to another person. You see that other person as a threat, or rival, or somebody who could possibly take something highly valuable to you, away from you.

So if you're infatuated with, attached to, addicted to, or dependent on one or more traits that you admire in some partner that you are afraid of losing, you can become vulnerable to jealousy. This will emerge whenever there is some form of infatuation with some aspect of someone – it can occur in any setting, including work or social. You don't feel jealousy over the loss of someone with aspects you loathe, resent or dislike – only those you infatuate with or admire.

Anything you fear the loss of relative to others is

something you feel you are partly missing in yourself. So jealousy emerges when you place yourself in an underdog or lesser position relative to some parts you admire in someone else (in this case, your partner).

Jealousy is also a byproduct of not feeling empowered within yourself, or not fully recognising what you have to offer. If you are disempowered or minimising yourself to your partner or another woman, and you assume they have some power or attractive trait that you feel you don't have, you will be vulnerable to jealousy. The more there is a discrepancy between what you think they have and what you have, the more vulnerable you will feel.

So what's the solution?

- 1 Define what traits you think or feel your partner has that you don't have to the same degree – the traits you feel would be lost if he were to be taken or leave.



**2** Define what traits you think or feel the threatening woman has that you don't have to the same degree – the traits you feel threatened by that could possibly take your partner away or make him leave.

**3** Identify where and when you demonstrate all of these traits (within both your partner and the threatening woman) in some same, similar or slightly different form. Keep looking at where and when you display them all, until you can truly see that you own them all to 100% the same degree, but in some same, similar or your own unique way. In this way, you will level the playing field, empower yourself, and won't be so threatened by the woman or afraid of losing him.

**4** Break through the illusive, storybook fantasy, or religious or social idealism that, now that

you have that partner, he is going to remain with you forever, and that he is completely loyal to you. This fantasy could lead you into sliding or slacking on your overall empowerment and contribution to your relationship. It is wise to periodically check in with yourself and ask yourself the following questions:

- a. *What's in it for my partner to be with or remain with me?*
- b. *What am I truly offering him – what is my package?*
- c. *What am I offering him that truly aligns with and fulfils his highest values?*

Get real. Your partner is dedicated to the fulfilment of whatever is truly most important to him, or whatever is highest on his list of values. And if you help him to fulfil these values, or don't interfere with these values more than anyone else, he is more likely to stay with and appear loyal to you. The greater the overall package you offer him, the more he has something to lose if you left.

Partners, like you, want the most fulfilling partner (best package) they can find. By empowering as many areas of life as you can, and mastering the skill of communicating what you have to offer in terms of their highest values or whatever they are dedicated to, you increase the probability that they will not want to stray. By owning his admired traits and empowering you, and by communicating effectively with him in his highest values, you will feel less jealous.

It's important to stay aware of this, to keep on your toes and ensure that you are always offering the best package, one that is more fulfilling than anybody else's. To do this, you need to empower as many of the seven areas of your life as you can so that you will be confident of offering a greater overall deal than anybody else. It's important that you constantly communicate what you have to offer that is more fulfilling than anybody else's.

It's also important that you believe this about yourself.

It could be wise to look at your relationship as if you're offering a service to a customer. If you don't offer the customer what he or she wants, they will go elsewhere. By the same token, if you're in a relationship with somebody and you're highly infatuated with that person, and you don't feel equal to that person, then you will be vulnerable. So when you choose somebody with whom to be in either a business or personal relationship, make sure that you are well suited, and that you're not just infatuated with that person. Because if you're infatuated, there is the possibility of underdog-induced jealousy, and you will be vulnerable, constantly trying to compete with others.

If you are in a relationship with somebody who is perceived to be more powerful than you, you will constantly run the risk of feeling vulnerable, because you can't provide enough of the values they want to meet all of their needs. So own the traits that you see in others and empower or re-empower your life, and your jealousy will melt away. ■



Dr Alastair Clark is in full-time medical aesthetic practice as medical director and owner of the Sandton Aesthetic Institute in Johannesburg, and working frequently in Paris, Milan, Stockholm, China and Umhlanga. He is the head national and international KOL for Restylane, Galderma and for Silhouette Soft Threadlifts, Genop, and an exco member of the Aesthetic and Anti-ageing Medicine Society of South Africa.

# IPL TREATMENTS AND WHAT YOU SHOULD KNOW

Intense pulsed light, or IPL, is a term used to describe the delivery of extremely high energy from a light source. This applies to laser, which is a single, specific wavelength of laminar light rays. IPL, by contrast, is a broad spectrum of confluent, non-parallel light.

Quite simply, light is used as a source of energy to treat the skin. This has long been the benchmark for laser hair removal, and some doctors are skilled at using IPL as a photo-rejuvenation tool, treating sunspots, pigmentation and veins with this method.

IPL has advanced to become OPL (optimised pulsed light). OPL still offers patients broad-spectrum light, but does so more accurately and with less pain. It all comes down to control.

## WHAT IS OPL?

OPL focuses the energy beam, eliminating scatter and wastage of light energy. This translates into more result from less power. The benefit to the patient is shorter treatment sessions with less pain, as well as shortened courses of treatment.

OPL controls energy at different wavelengths and pulse durations, creating a platform to more accurately treat sunspots, spider veins and sun damage, as well as laser hair removal. For photo-rejuvenation, we need to apply accurate and uniform heating to clear melanin pigmentation, then add the correct wavelength peak to be absorbed by haemoglobin – effectively destroying the vessels, leaving your skin clear. Having OPL control means any photo-rejuvenation issue can be treated at any depth with accuracy and minimal discomfort.

This control of power, depth and wavelength also makes OPL the perfect choice for hair removal.

Unlike IPL, OPL treats all skin types with safety, and the increase in spot size does not reduce power, meaning large areas are treated just as accurately and painlessly.

So instead of what you should know about IPL, know simply that there is now a better option. The upgrade improves on all of the benefits of IPL and eradicates all of the negatives. Given the choice, OPL is the only way to go. Look for it when choosing a treatment. ■



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Patrick Holford's Get up & Go is suitable for vegans and vegetarians and is available from Dis-Chem, leading pharmacies and health stores.

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# FINANCIALADVICE

PLANNING FOR YOUR CHILD'S FUTURE



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Discovery



# THE ABCs OF PLANNING FOR YOUR CHILD'S **FUTURE.**



RESHMA ANSARY, A DISCOVERY  
LIFE FINANCIAL ADVISER



**G**etting an education is important – it's one of the first lessons you learn in life. From the moment you decide to grow your family, your priorities take a shift in focus and suddenly it's about planning the future of someone else.

With that being said, this shouldn't be the most difficult part if you have the right plan in place. In fact, you should be looking forward to their first baby steps, from fighting back the tears on the first day of school and the moment your hard work pays off at graduation.

## PREPARING YOUR FINANCES SO THEY CAN ACHIEVE THEIR DREAMS

From the time your children are of age, the great debates on where they want to go and what they want to do begin. Today it's Elsa from *Frozen* and tomorrow it's something more realistic, like a doctor, lawyer or accountant.

Regardless of what they decide, you want to be able to give them the best options. It is important to make key financial decisions now to ensure that they will be taken care of, no matter what the future holds. That means re-examining your life policy regularly to ensure that your plans are up-to-date and you have the necessary policies in place.

"From pre-primary all the way through to university, giving your children the best possible education will give them a solid foundation for a rewarding, successful future," says Reshma Ansary, a Discovery Life financial adviser.

## GIVE YOUR CHILDREN THE BEST START IN LIFE THROUGH QUALITY EDUCATION

The price of education does not stop at tuition fees. You also have to factor in the ever-increasing cost of books, school uniforms, clubs, tutoring and extramural sport. If your child decides to pursue tertiary study overseas, you can add travel, accommodation, visa costs and currency conversion rates to your list. All of these factors make education extremely costly; therefore, you need to do smart and meticulous planning.

To illustrate, let's say your child wants to study towards a university degree. If, for instance, they choose to pursue a Bachelor of Arts – one of the more affordable degrees – their first year of study at a South African university would cost about R40 000. Books can add as much as R5 500, while student accommodation can increase the costs by a further R50 000, depending on the institution.

## EDUCATION IS MORE THAN A SHORT-TERM EXPENSE; IT'S A LONG-TERM INVESTMENT

If you ever become severely ill or disabled, or pass away, the Global Education Protector from Discovery Life can help continue your investment on your behalf, helping to give your child(ren) the very best start in life. The Global Education Protector will cover your child's tuition costs both locally and internationally, if you ever suffer a life-changing event.

The policy also offers you a variety of benefits built into the plan. "Once you make a claim against your policy, Discovery Life will cover your child's education costs. This includes pre-primary, primary school, high school and college or university, either in South Africa or at a list of prestigious overseas universities such as Harvard or Oxford. The policy also covers related costs such as books and tertiary residence fees, up to a prescribed maximum," according to Ansary.

Having the Global Education Protector policy in place means not just adding another level of security to your plan for your children's schooling, but giving them the freedom to reach for their dreams, either at home or away.

Take care of your children's education today to secure their future tomorrow.

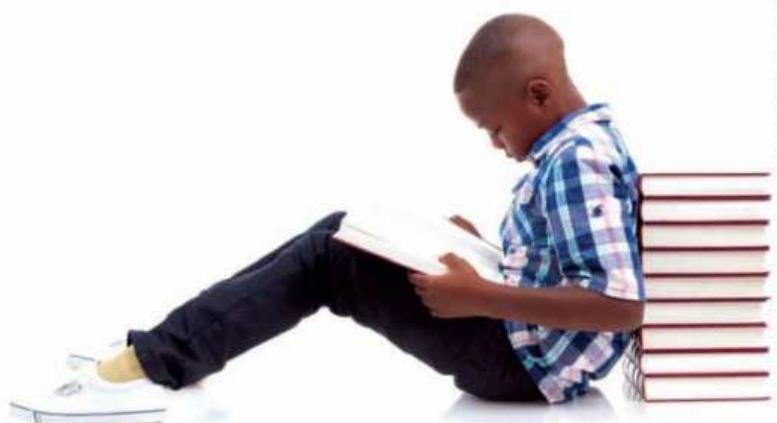
So, as you plan for the New Year, ensure that you add the Global Education Protector to your Discovery Life Plan, which will leave you with the peace of mind of knowing your children's future is secured.





## FOOD FOR THOUGHT:

A SOUTH AFRICAN SURVEY, CONDUCTED BY KELLOGG'S, HAS FOUND THAT ONE IN FIVE LEARNERS GOES TO SCHOOL WITHOUT HAVING HAD BREAKFAST. THIS IS DESPITE THE FACT THAT 77% OF THOSE SURVEYED BELIEVE THAT EATING BREAKFAST IS ESSENTIAL. A HEALTHY BREAKFAST MEANS BETTER CONCENTRATION AND FOCUS AT SCHOOL.



## FUTURE BRIGHT

Unilever has launched a campaign that celebrates the youth of South Africa who are making a change to their community. "At Unilever we believe in creating a bright future for everyone in the world, starting with our children," says Queen Mgobhozi, Unilever senior brand manager.

One of these leaders is Thato Kgatlhanye. Together with a friend, she has invented the Repurpose Schoolbag. Made from recycled plastic, the schoolbag includes a solar panel that charges while kids walk to school, and transforms into a study light by night.

## THE RETURN OF THE BOOK

For the first time in seven years, sales of printed books in the UK increased during the first half of 2015 – mostly on the back of a 10% rise in sales of printed books for children and young adults. This trend, which has been echoed in countries such as the Netherlands, has taken publishers by surprise, as young people are widely seen as the digital generation.

Similar growth can be seen in locally published non-massmarket books, says Michelle Cooper, children and young adult (YA) publisher for Tafelberg, an imprint of NB Publishers, South Africa's largest general trade publisher. Cooper ascribes this to the genre's wide reach and the excellent quality and growing variety of locally published books. "South African children's books are as desirable as their international counterparts. To produce books children want to read, we work with the best local authors, illustrators and book designers. Our local books hold their own against imports on all levels."

Interestingly, children's books have found an audience beyond children, according to Cooper. "Adults are buying children's literature to read themselves. We are seeing crossover titles (mostly YA) selling to adults for leisure reading, beautifully designed illustrated picture books selling to collectors of books and art, and repackaged old favourites selling to adult readers who remember them from their childhood." International publishing trends supported by vloggers indicate that digital has helped grow the children's print market, and this interplay of formats is very encouraging for publishers who had almost buried the printed book a few years ago, says Cooper. "It seems digital and print can live in harmony, and it can be a mutually beneficial harmony at that."

Thato's business, Rethaka, currently employs 17 fulltime staff, 13 of whom are women. Each schoolbag is made of 20 plastic shopping bags that are upcycled into a textile, and all offcuts are used to design a signature pattern on the bags. "The schoolbags are made from recycled plastic bags, and they integrate solar technology so that children may study for up to 12 hours. It also features retro-reflective material that makes the children more visible and safe on their walk to school. With this product we are offering dignity, safety and access to light," explains Thato.

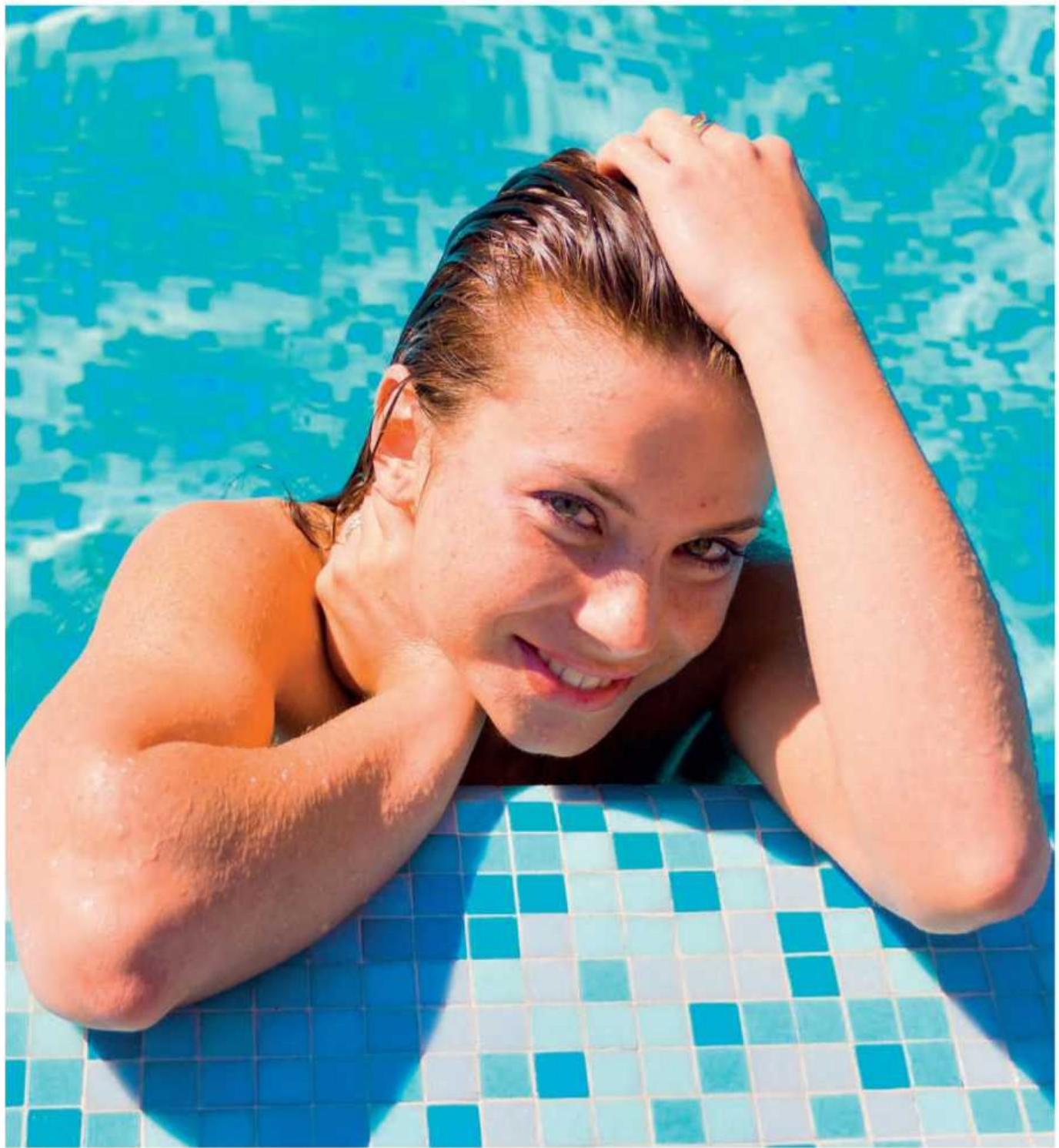
# HOLIDAY SPECIAL

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EAT, PRAY, LOVE

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*healthy*  
**HOLIDAY EATING**  
KEEPING YOUR REGIME ON  
TRACK (WITHOUT MISSING OUT)

## DIET MENTALITY

Holidays are that time of year when eating plans disappear in a flash. We leave them locked up at the office, awaiting our return at the beginning of the following year. We tell ourselves that now is the time to "let loose" and to "relax", and while that may be the case mentally, it certainly should not be the case physically.

We spoke to nutrition expert Melissa Kelly about why we overindulge during the festive season and how we can prevent it. She explains: "Overindulgence during the holiday period mostly affects those who live with a 'diet mentality'. There is a massive difference between diets that begin and end, and leading a healthy lifestyle. Most people who have this diet mentality gain, on average, 3-4kg over the festive season, whereas people who make healthy living a lifestyle gain at most 1kg, stay the same or even lose weight during the festive season, because they are more active."

Kelly describes the "diet mentality" as one where:

1

You decide to start being healthy tomorrow, on Monday or on the first of January. "Living a healthy lifestyle, and eating in a way which supports this, is something that happens constantly. You are, at this moment, in some condition of health; what you want to do is optimise it through the behaviours that you choose," she says.

2

You believe there are "good foods" and "bad foods". "There are no 'good foods' or 'bad foods'; this is a false dichotomy. There is just food. People who are slim and healthy know this. You can eat everything, as long as it is the correct portion; the secret is never to overeat. The problem with believing in 'good foods' and 'bad foods' is that you either deprive yourself, which results in a binge, or once you have eaten something like pizza, you decide you 'have already eaten bad food', so today is a write-off and you may as well keep eating 'bad food' and 'start again tomorrow'. Pizza is not bad, if you have only two slices... that's the catch. This is a psychology which will never work; it is not a sustainable view of health, and that is why people with this view are often not very healthy," explains Kelly.

3

You have an "all-or-nothing" idea of healthy eating. "People often believe that they are either on a diet or they are not on a diet. They do not see that their diet is constant and continuous, and consists of what they eat day in, day out, year in, year out. Therefore, they are likely to carelessly overindulge when they believe they are 'not on a diet'. If you have the mentality that everything you eat throughout your life is one continuous eating plan or 'diet', then you will not compartmentalise your eating in an unhealthy way and you will be less likely to overindulge. You will understand that the day of the year or the season doesn't matter. This is your ongoing lifestyle and you want it to be healthy." Kelly adds that you want to replace your "diet mentality" with what she refers to as "eating intelligence".

# EATING INTELLIGENCE

Kelly describes it as follows:

**1**

**You never want to overeat.** "Having eating intelligence means you acknowledge that you can eat any food, as long as it is in the correct portions. You allow yourself everything in moderation, and you do not overeat because of any reason – eg you feel sad, bored or happy."

**2**

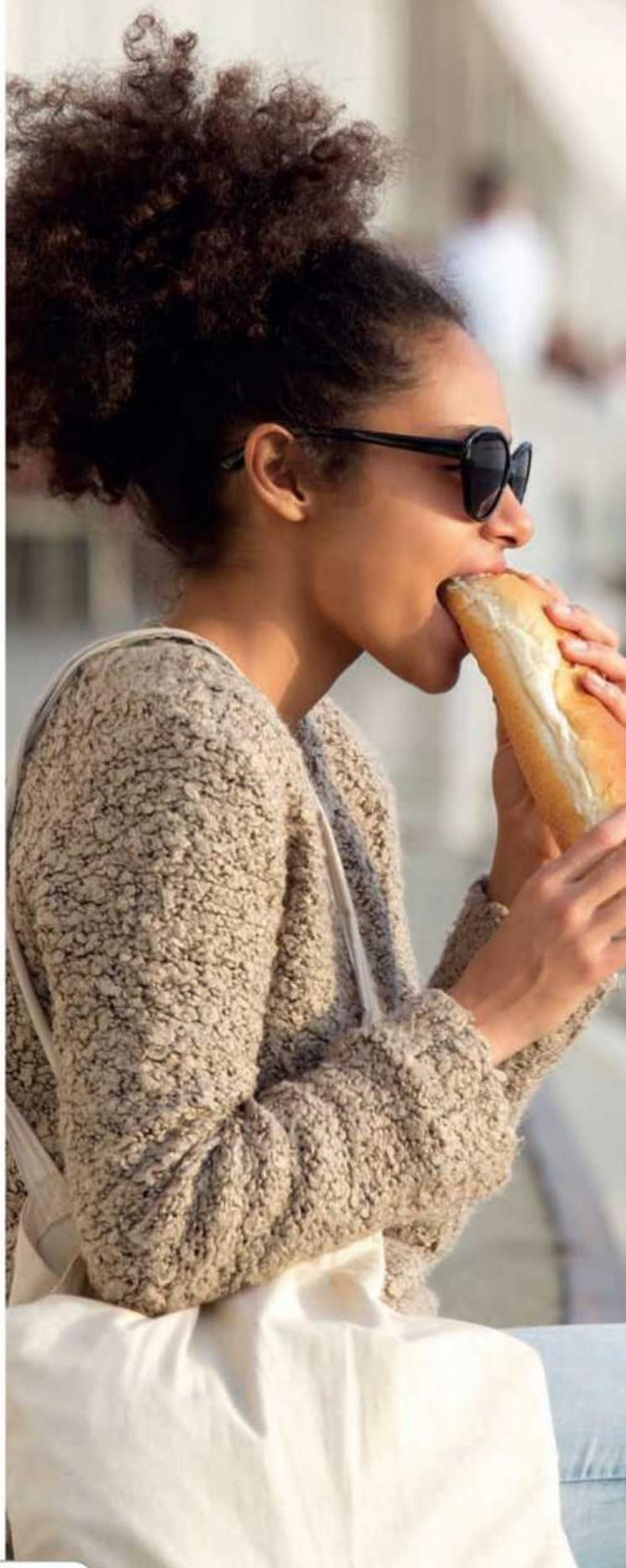
**You do not associate food with guilt.** "The fact is that when people associate food with calories and guilt, they actually are more likely to gain weight than those who don't. And when you associate pleasure with all food, and allow yourself to enjoy your food, then you won't feel the requirement to overindulge in order to achieve that pleasure. You also acknowledge that you will always be able to eat the specific food on offer tomorrow, or next week, if you do not eat it now. Thus you do not feel the requirement to overindulge. It is an amazing shift, once you stop feeling guilty about eating," Kelly explains.

**3**

**You acknowledge that whatever change you want to make is going to take baby steps and consistency.** "It is about changing the small actions that we do every day which, over a period of time, create our reality. It is also what we do 80% of the time that brings about the change. We have to change those behaviours that aren't working and consistently do new behaviours in order to achieve the results we want. That is why it is important to maintain consistency, even over the festive season when there is so much food so easily available. Your healthy lifestyle has to be an integrated part of you, and so you celebrate through enacting your healthy lifestyle, within the right mentality."

**4**

**You have a positive mental attitude.** "It is important that you believe that you can lead a healthy lifestyle, that you can maintain control, and that you are competent at managing your health and your weight. You do not need external diet plans to manage your weight and health. You have a built-in portioning system; you just need to trust yourself and be tuned in," Kelly says.



# AVOID OVERINDULGENCE

Kelly suggests four practical ways to ensure that you don't overindulge:

**Don't allow yourself to be overly hungry.** Maintain your blood sugar by eating small amounts regularly. If you are overly hungry, you are more likely to eat more than is healthy.

**Keep healthy snacks on you,** such as biltong, nuts, dried fruit or fresh fruit. It can be difficult to buy healthy snacks when you are out and about on holiday; thus having these on hand may assist you in not reaching for that doughnut when the mid-afternoon munchies hit.

**Never take seconds.**  
There will always be a next meal!

**Make the contribution you bring to Christmas parties a healthy one.** That way, you know that, no matter what else is served, you have something to fall back on. Then, while there, dish up small amounts of the other options and a large amount of what you brought; this will help you to stay on track, while satisfying your family members who are not interested in eating healthily that you aren't being overly fussy – avoiding their disapproving comments and their attempts at insisting you eat in a manner that compromises health.

## Quick tips

Quick tips on holiday drinks: "Avoid cooldrinks; buy water and flavoured water, and keep cordial that you can mix with water. This way you determine the dilution. The same applies to alcohol; dilute it, or have your wine, but drink lots of water in between," says Kelly.

"Make a refreshing rock shandy with Diet Sprite, bitters, cut lemon and lots of ice. Have beer shandy made with half Diet Sprite, spritzers with lots of ice, or one tot whiskey with lots of ice," advises Reid.



# HOW TO DEAL WITH FAMILY CRITICS

There are always the one or two family members who roll their eyes, criticise or insist on feeding unhealthy foods or portion sizes to those who are trying to eat healthily. Karina Reid, an industrial psychologist with a PhD in behavioural change, explains how to deal with this.

"Remember, you are not on a 'diet' and you are not eating 'diet food'; you are eating healthy food for a healthy lifestyle," says Reid. She suggests the following when working with unsupportive family members:



1

**CALL ON THEM.** "Family member, I wonder if you can help me. I have been eating more healthily and I really do not want to overindulge today – do you have any advice for me? How do you think I can approach this?"

2

**GO IN WITH A STRATEGY.** "Not a strategy of deprivation, but of 'readiness' to face events centred on food, and think them through. How do I need to react? What can I eat that will make me feel satisfied? If you arrive at a restaurant hungry, perhaps order a starter salad for the whole table. If you are at a home gathering, try to ensure that the only food put on the table is the salad and that the dishing up takes place in the kitchen. It has been proven that people will eat more when the food is in front of them; the moment it takes effort to gain access to the food, people eat less. If you have pudding, just make sure it is a smaller portion," says Reid.

3

**FILL YOUR PLATE WITH SALAD OR VEGGIES.** "Cover at least half your plate with salad/vegetables, and add your protein and carbs as a "snack" (small portions). This way your plate looks full for those who want you to eat more, and you do not feel deprived," she says.

4

**DON'T PLAY THE 'DIET VICTIM'.** Don't complain about what you 'can and can't eat' and don't draw attention to the way you are eating; just get along with business as usual. "Manage the situation. Say, 'Your salad/veggies are so great – can I have more of that?'" adds Reid.

5

**REMEMBER, IT'S ABOUT THEM.** "You might be making them feel guilty about their own eating, so try to engage them in interesting conversation. Steer it away from food or why you are not eating," suggests Reid. ■



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# STAYING FIT

5 EASY WAYS TO EXERCISE  
ON HOLIDAY



The holiday season is no excuse to give up your fitness routine. A lifestyle of regular exercise is so important to the proper functioning of both body and mind. However, we understand that, over the holiday season, maintaining your regular exercise routine may be difficult, due to the fact that you have an unusually busy social schedule, or because you are travelling. So we spoke to Khokela KA Daula, a passionate advocate of 360 Specialized Training, to find out how she stays fit during the holiday period.

"The festive season is traditionally one of leisure, mainly accompanied by overindulgence and disruptions in everyday routine. This is normally because we believe

that we are 'rewarding ourselves' for a long and difficult year. However, that reward swiftly turns to regret and panic by the first of January," says Daula.

"My motto has always been 'Every day is business as usual', and I thrive on this, because I see it as keeping an incredibly important appointment with myself. I have also always viewed exercise as a reward to myself. On an average day, this is often the only time we actually do anything for ourselves."

However, Daula confesses that even she cuts down her workouts over the holiday season; she will look to do less intense activities for a period of 30-45 minutes, and likes to keep motivated by ensuring that they are fun. She suggests trying these five easy ways to exercise on holiday:



### MORNING OR EVENING WALKS/HIKES/RUNS.

"These are fun, because you can determine when you do them and for how long you do them. Living in Cape Town, I keep my walks/hikes/runs scenic, and if I decide to go for a morning walk, I do so before 7am – after that it gets too hot. This is a great way to be active, because you can arrange to meet friends, take pets for walks, and in the evenings a nice stroll with the children is always fun," says Daula.



**FUN IN THE POOL.** "This is the easiest, because everyone has noodles and floating devices. The pool is the most spontaneous way to burn off calories, without even realising it. You do not need to be a skilled swimmer, as even walking a lap or kicking about with the support of a noodle burns off calories, because the water adds more resistance and is great for toning all of your muscles," she adds.



**JUMP LUNGES AND SQUATS.** "These are great to do absolutely anywhere. I find that, during the holidays, we tend to spend a lot of time stationary while watching the TV screen. Instead, this year, while you watch your favourite programme, do 3 sets of 20 squats or 20 normal/jump lunges. Both are incredibly important and simple movements, and are great for increasing the heart rate," explains Daula.



**TOE TOUCHES.** "These are an effective way to work on your abs. Lie down on your back, put your feet up and reach your hands up to touch your toes. Do 3 sets of 20 reps, and then, as a bonus, turn around and plank for 1 minute."



**RENEGADE ROWS.** "These are a good way to work on arms and abs without having to do those dreaded pushups. These can be done with a weight of any size. You use the weight as support, so you lower yourself into a pushup position and place your hands around each weight. You then simply pick up one weight at a time and move your arm around in a rowing motion; alternate your arms. The best part is that you can go according to your level of fitness. The progression is incredibly quick and an increase in reps is almost immediate. Do 3 sets for a great workout," suggests Daula. ■

**LONGEVITY**  
*fitness*

# happy FAMILIES



## SETTING BOUNDARIES WITH FRIENDS AND RELATIVES



A successful vacation, in the view of counselling psychologist and author Dr Hannelie van Zyl-Edeling, consists of having fun, sleeping a lot (to recharge your batteries), eating delicious food and having your needs for connection, variety and excitement met, and then returning home safely, having formed closer bonds with relatives and friends.

According to a recent study published by The National Centre for Biotechnology Information, it is important to the success of the long-term positive effects that a holiday can have on your mind and body that the few holidays you go on a year do not include frustration caused by conflict with friends and family.

In order to achieve a peaceful and conflict-free holiday, it is essential that you and those with whom you are travelling pull together to ensure that everyone's requirements are met.

"Remember, people get disappointed or angry mostly when their expectations are not met. Agreements need to be formed and promises need to be kept, so that no one is let down," says Van Zyl-Edeling. "The key to achieving this is good manners, respect, mental flexibility, communication and negotiation. You need to have clear, honest and open communication with one another."

This applies whether you are on holiday as a couple, as a family or travelling together with other friends and family. Good people skills and emotional intelligence are essential.

It is important to discuss everyone's expectations early on, and preferably before the holiday has begun. Everyone will have a different emphasis of what they most want out of the holiday, and each person's requirement needs to be recognised as important and be accommodated as far as possible.

The key areas that should be focused on are the following:



## DOWNTIME.

"Not wanting to do anything on holiday is also a legitimate need, and will have to be discussed and accommodated along with all other needs and expectations," she says. Some people's idea of the perfect vacation is one in which they don't have to do anything other than sleep in, grab a lazy bite to eat and put their feet up. It has been a long, hard year of work, and wanting to take the opportunity to simply be for a few days is understandable and important. Those who are of the opinion that the holiday is a time to try new things need to be considerate of their loved ones' need to be quiet. It is all about going into a negotiation with the others' requirements at heart too.

## PAYMENT.



Who is paying for what and how much money has been allocated to each aspect of the holiday should be discussed upfront. You do not need to go into the particulars of numbers, but a general indication should be made clear to avoid any embarrassing moments, or unwelcome tension and resentment. "When both parties are equal money-wise, it is easier than when one party is far wealthier than the other," says Van Zyl-Edeling.



## ENVIRONMENT.

This is one of the most common issues that come into play. Regardless of whether you are renting shared accommodation, staying with others or having others stay with you, discussions need to be had around the expectation of cleanliness in shared areas, about noise curfews, and about respecting one another's personal space. Van Zyl-Edeling elaborates: "Obviously, with other families, one needs to find out what their rules and expectations are, and negotiate how to integrate the different values. If you want to sleep in, take earplugs. It is unreasonable to expect others, especially young children, to tiptoe around till you until you decide to emerge from your room at noon. However, parents can also agree that they will take young children outside if they wake up before 7am or 8am, in order to give visitors a break." She continues: "When visiting others in their homes, their rules hold. When others visit you, enlighten them about your house rules; do your best to find out what their special needs are, and make an effort to meet the needs and make them feel welcome. Be generous when visiting others; take gifts, contribute to the food and other purchases, and remember to thank the hosts profusely. A small and thoughtful thank-you gift makes visitors more welcome. Speaking of which, do not overstay your welcome. Be sure to establish the duration of your stay in advance."



## TYPES OF ACTIVITIES.

This is a big one, as people enjoy different activities and there may be activities that some would rather not participate in. Each person should get to do at least one of the activities they are keen to do. While the aim is to spend as much time together as possible, it is OK to plan a day or two in which the group separates to enjoy different activities. “Do remember to take the children’s needs into account and spend quality time with them, especially if you do not see enough of them at other times,” reminds Van Zyl-Edeling.



## TRAVEL.

Van Zyl-Edeling says: “Talk in detail about travelling arrangements, when and where the stops will be, and for how long, where all will eat, etc, so that everybody knows in advance what to expect.” This will assist in avoiding in-car conflict, as everyone will be able to voice their main concerns upfront. While for one it may be bathroom breaks, for another it may be where the healthiest food is available. A structured approach to travel also sets everyone’s mind at ease, dispersing any unnecessary anxiety or tension.



## CHILDREN.

The question of discipline surrounding children, and who is allowed to issue it, is important to address before embarking on a holiday with another family. “It is generally not a good idea to interfere or discipline other people’s children. However, it is one of the discussion points that should be negotiated before the holiday commences. If other people’s children will be problematic for you, it may not be wise to share accommodation with them,” explains Van Zyl-Edeling. However, it is important to set boundaries with other people’s children with regard to your personal space. “For example, when I go on holiday with grandchildren, they know not to come into my room or to knock when the door is closed before 8am, unless it is an emergency. Should this slip their minds, I do not respond in any way and will come out at 8am as if nothing happened. Difficult behaviour should not be rewarded with any attention.” She adds: “The age of children influences arrangements considerably. With little ones I think it is essential to take help or contract help in when you’re there, otherwise the carers (more often than not the mothers) spend all their time babysitting, cooking and cleaning. Parents may need to catch up on lost sleep or contact with one another – plan this and get babysitters.”

## USEFUL TIPS ON HOW TO TRAVEL WITH CHILDREN:

Carla da Silva, regional manager for Africa and Latin America at Air Mauritius, offers some advice on how to travel with children in an enjoyable and stress-free way.

**Q:** What are the best ways to occupy children so that they do not become bored or restless?

*A: Pack a bag with toys, colouring-in books and puzzles, so that they can keep themselves entertained. We have found this to be successful on board our flights.*

**Q:** Should one consider giving children sleeping pills so that they rest during the journey and wake up once they have arrived at the holiday destination?

*A: Not at all – unless the child is sick or requires medication.*

**Q:** How can one plan ahead to avoid a stressful journey travelling with their children?

*A: Firstly, do not feed them sugar before or during the journey. Secondly, travel with your child's favourite toy or load your iPad/notebook with his/her favourite programs or games. Thirdly, ensure that they are comfortably dressed.*

**Q:** What are the advantages of travelling with children?

*A: The experiences and memories can be shared and enjoyed for a lifetime. Children feel safest when accompanied by their parents, and enjoy their holiday more.*



### TIP:

Remember that it is key to reach agreements without compromising what is most important to you. It is only a true agreement if each party feels heard and satisfied at the end of the negotiation, and understands how each decision was reached.

It is also very important to be receptive to one another, and place yourself in the other person's shoes, so that the holiday is approached with empathy and understanding, rather than a battle as to who gets what they want.

"Remember, don't be a martyr! If you cannot make your needs clear, others cannot be blamed for not mind-reading and honouring them," says Van Zyl-Edeling. ■

# EMBRACE MINDFULNESS

SOMETIMES, YOU SIMPLY NEED TO TAKE A DEEP BREATH AND REFOCUS

editation has helped people to relax for thousands of years, helping them to return to their daily routines with a sense of calm. Recent studies on meditation published by the National Centre for Complementary and Integrative Health indicate that it assists in reducing insomnia, decreases the effects of irritable bowel syndrome, and may even lower the expression of certain genes associated with inflammatory disease.

After the non-stop bustle and strain of a busy work year, it is important to unwind and recentre yourself. Luckily, in today's modern age, there are a number of fantastic meditation apps that can assist you in the process. These are a few of our favourites:



#### RELAX MELODIES.

Just as the name would suggest, this app features relaxing melodies that can be attuned to a variety of meditations. There is a large collection, to suit everyone's style. It also includes beautiful natural scenes to help your mind find that point of calm. One of this app's top-rated features is that you can combine sounds for a customised experience.



#### ROOM TO BREATHE MEDITATION.

Correct breathing is a key aspect to meditation. This app offers a step-by-step guide to breathing techniques, with music options alongside.



#### BUDDIFY.

This app is highly rated by users. It offers a rainbow wheel of questions, asking what you're doing at that moment – waking up, feeling stressed, taking a break at work – and then customises the correct meditation for the moment. Each category has timed meditations from five to 30 minutes.



#### OMVANA.

This app has a huge library of guided meditations from global experts. It also allows you to record your mood and receive guidance on which meditation is right for the moment.



#### HEADSPACE.

Beginners start with Headspace's Take10 programme, to learn meditation basics in 10 minutes a day for 10 days. You can also subscribe to particular programmes, such as one to work on sleep or relationship difficulties. ■

# BREATHE YOURSELF TO BETTER HEALTH

We interviewed Dan Brulé, a world-renowned pioneer in the field of breathwork, with a professional medical background, who says: "Breath is a tool for health, growth and change."

"At age 30 our lung capacity begins to decrease. By age 50 it can be up to half of what it was when we were younger. This has a negative effect on the body, as it means less oxygen is getting to our cells and we experience shortness of breath, a decrease in endurance, and become more susceptible to illness associated with the lungs."

He adds: "The famous Framingham study, which followed over 5 000 people for three decades, found that lung volume is actually the greatest predictor for health and longevity. This isn't surprising, as a decreased lung capacity has many negative impacts on our health."

A decreased lung capacity can:

- Impair metabolic function due to the lack of oxygen;
- Increase the risk of having a heart attack or stroke;
- Give you poor energy and general fatigue;

- Produce a decline in concentration and memory; and
- Lead to increased inflammation.

"You can improve your breathing by practising breathing for five counts in and five counts out; this has huge benefits for the mind and body, as it better oxygenates them. You can also pay closer attention to how you are breathing naturally whenever you feel a certain emotion, be it joy, sadness, anxiety, bliss, etc. You will notice that when you are holding your breath for too long a period or taking short, shallow breaths, you are not feeling your best. You will also notice your natural pattern of breathing when you are experiencing bliss. Then, when you notice that you are feeling anxious or sad, you can change your state by making yourself breathe in the same way as you do when you are in a state of bliss," says Brulé.

"You can learn to see breathing as behaviour that either serves you or doesn't serve you, and you can begin to choose to breathe in a way that serves. With practice this will become a habit or a natural reflex. So whenever you start to feel anxious, your practised breathing pattern will kick in and you will change state."



## WHAT TO DO IF YOU ARE ALONE FOR THE HOLIDAYS:

Many people believe that holiday times, such as Christmas or Chanukah, are times for family, and in some ways they are. Many families are widely dispersed and come together only on spiritual holidays. However, these holidays are about something larger than family; they are about connecting with people and yourself on a spiritual level, and so, should you find yourself without immediate family during the holidays, it does not mean that you have to be without human connection or that you cannot truly embrace and enjoy the spirit of this time of year.

We spoke to psychiatrist Dr Ryan Fuller, to gain his insights into how one might meaningfully spend the holidays if one finds oneself with no immediate family.

"It is important for people to be actively, consciously, mindful of what they did over the holidays last year and of what they can do over the holidays this year. One needs to take a pragmatic approach."





## CONNECTING WITH OTHERS

"It is also important for one to remember that many people actually find having to get together with family members, over the holidays, a very stressful and unpleasant experience. There is no such thing as the ideal family, and while many families may be physically present together, they are not always psychologically or emotionally present together. So they aren't necessarily experiencing the required or sought-after spiritual connection with others."

"One may better find this real spiritual connection and support in a work colleague, a neighbour, a friend – in someone who is truly present with them. And if one does come from a background of a supportive family environment that is now absent, one should not think that this same support and connection cannot be found in other places and through alternative means."

## YOUR OWN SPIRITUAL RETREAT

Another possibility is that you could take yourself on vacation; this is an opportunity to have the holiday you have always wanted without having to compromise with others.

"Attempt to make this a spiritual retreat, a time to reflect on the year past and plan for the year ahead. Make it a time for forgiveness and giving thanks. Try to go somewhere that has meaning for you, even if you only go away for a night or a weekend. Take the time to be with yourself. This can be a very valuable process," says Fuller. ■

## THE COMMUNITY ASPECT

"The psychosocial, or community, aspect to a spiritual holiday should not be ignored. There are numerous psychological benefits to participating in charity during the holidays. One may go through a religious group or an NGO. One could work at a soup kitchen, make food at a children's hospital or bring a child a teddy bear, visit an old-age home and be of support to someone else with no company."

"There are studies that have been done showing that some old people, in homes, do not experience physical touch from another human being for months on end. A simple handshake or hug can make a massive difference to these people."

"A quote that I think is valuable is the following one by Freud: 'Most people need three things to be happy in life – someone to love, to be loved and something meaningful to do.' You can achieve this through reaching out to others in need."



**COVER**  
*celebrity*

BY KIM BELL

Count  
ME IN

HALLE BERRY SPEAKS  
ABOUT A LIFE  
PURPOSE TO "HELP  
OTHERS, ESPECIALLY  
WOMEN"

# THE INSPIRATION THAT IS *Halle Berry*

“I’m doing okay,” is how Academy Award-winning actress Halle Berry described herself in a recent interview with Extra’s Terri Seymour, at an event benefiting the Jenesse Center.

“I’m doing okay, I really am. I keep pushing and I’m really happy to be here, because whenever you’re going through anything in life, when you step outside yourself and focus on others, that’s always the best remedy for any situation that you’d rather not be dealing with.”

Berry is currently going through an amicable split with soon-to-be-ex Olivier Martinez.

And that is the problem with celebrity – your life, good or bad, is splayed over the tabloids, magazines and the Internet. It becomes dinner conversation for complete strangers, who weigh in with their own thoughts and opinions. Something that, for the rest of us, is private. Which is why we salute the grace with which Halle has dealt with it. The mother-of-two is focusing on her children, and that which has always been important to her: helping to empower women to stand up for themselves and their rights.

One of the associations close to Halle’s heart is the Jenesse Center, a domestic-violence prevention and intervention organisation that provides services and outreach efforts to afflicted families. The centre, with which Halle has been working for over 15 years, focuses on shifting these families from crisis situations to self-sufficiency.

Speaking at a VIP cocktail function to benefit the centre, Halle expressed that it is one of her life’s purposes to “help others, especially women”. She said: “I saw my mother battered and beaten many years of my life, and I felt helpless. And that’s what connects me to this organisation. I have an understanding, a

knowing. I feel like I have something that I can impart to these women. It seems like I’ve overcome it, but I really haven’t. In the quiet of my mind, I still struggle. So while I’m helping these women, I’m helping myself through it, too.”

Not only did Halle witness the abuse of her mother and older sister at the hands of her father, but she, too, followed the vicious cycle.

At the Mayor’s Fund Benefit in 2011, she shared: “I devalued myself and thought I wasn’t worth it. I chose partners that mimicked my father. It was only when I was in an abusive relationship, and blood squirted on the ceiling of my apartment and I lost 80% of the hearing in my ear, that I realised, I have to break the cycle.”

Speaking at the VIP fundraiser for Jenesse Center, held in November, Halle said it isn’t easy raising money for abuse against women. This is because, often, people just don’t get it. It’s not a sexy cause to campaign for, and it’s a hard topic to talk about and understand. As she says: “For some reason I’ve found, after 15 years of working with the Jenesse Center, that when it comes to domestic violence, people just say, ‘I don’t get it. Why don’t they just leave?’”

Halle goes on to explain that women in abusive relationships – whether physical, emotional or sexual – have had their self-worth destroyed. “I call [these women] addicts. They’re love addicts... they’re addicted to the pain. And they’re largely addicted to the pain because they’ve been taught nothing else. They haven’t been taught that they have self-worth or value. They often weren’t loved the way they should’ve been as children, from their mothers or their fathers. People didn’t say the things they should have said.”

She adds that it is vital that we keep bringing awareness to domestic-violence issues. “Women are so often devalued, and we grow up with that belief

about ourselves, so when we find ourselves in an abusive relationship, we don't think we're worthy to be out of it; we don't think we deserve better. So our idea at the Jenesse Center is to teach them a better way, to let them know that somebody loves you – that's our big dream."

And it's a vital one across the world, and particularly in South Africa as we embark on the Days of Activism for No Violence Against Women and Children.

Speaking at a joint sitting of parliament in Cape Town recently, the Minister in The Presidency responsible for Women, Susan Shabangu, said that in 2014, the call was made for the 16 Days campaign to be effective 365 days a year, 24 hours of the day. "And every minute, to fight the scourge that eats our society."

She adds that under the leadership of the department, and in partnership with various stakeholders, including Crime Line, government answered this call and launched the #365 Days of Activism for No Violence Against Women and Children, as well as #CountMeIn Campaign, on 11 December 2014.

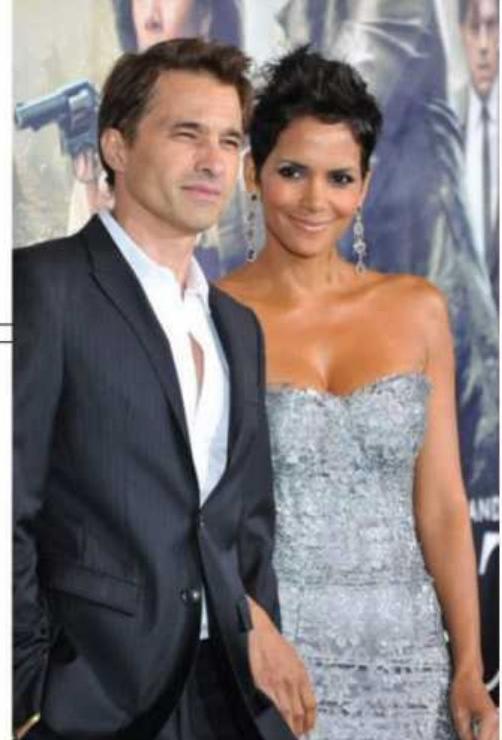
"16 Days of Activism, as a United Nations-endorsed campaign, is a flagship of the #365 Days of Activism, and a period of heightened awareness and enhanced activism for no violence against women and children. This is when we commit to intensify the action against the brutal and dehumanising acts of violence against women and children."

The crime statistics released by the South African Police Service in September reflected a decrease in the rates of overall violent crimes, due to the declining number of assaults and sexual offence cases reported, with rape cases dropping by 7,4%.

However, warns Shabangu: "We need to closely examine these statistics and be alive to the fact that there are also many cases that go unreported as a result of a number of factors, such as fear, a belief that disclosure is pointless, embarrassment, and the notion that women must endure violence because it is culturally accepted and normal." She adds that there is reluctance on the part of victims of violence to come forward and seek legal advice and social support.

"This could be due to women's economic dependence on men and poverty, the social stigma around domestic violence, or the inaccessibility for rural women of police stations and courts. In order to understand the depth of the problem, we will ensure that we have disaggregated data on gender-based violence, because the current crime statistics

Halle Berry and her soon-to-be ex-husband, Olivier Martinez.



do not show data specific to domestic violence."

Which is why, when an inspirational global icon such as Halle Berry shares her story, it resonates with every woman who has been in that situation and couldn't find her way out – and helps to empower her to break the cycle, as Halle herself has.

Her advice for women who are currently in abusive relationships: "I say something that's very simple: I tell them that if a man or anyone lays their hands on you one time, they will do it again; if it happened once, girl, it's gonna happen again, and you have to go. You have to love yourself and your kids enough to go."

The actress, who celebrates her 50th birthday in 2016, was recently named the "Hottest Bond Girl Ever" in an online survey. She shows that you can be sexy, beautiful and confident, and that your past doesn't define you – it empowers you. ■

## Seeking help

The Vital Foundation has been created to support organisations in the fight against woman and child abuse. Visit <http://www.vitalfoundation.co.za/find-organisations/> for a comprehensive list of services, shelters, counselling and help. Stop Women Abuse helpline: 0800 150 150.

POWA is a "feminist, women's rights organisation that both provides services and engages in advocacy in order to ensure the realisation of women's rights, and thereby improve women's quality of life".  
<http://www.powa.co.za/>



BY FARMER ANGUS

If all the questions asked of me when people come for a real food safari (farm tour) on our farm, Spier, in Stellenbosch, this is the most common.

The answer is very simple: yes.

Not only can organic agriculture feed the world, but it should, as the humans eating non-organic food are sick and the earth is being destroyed by non-organic farming. Non-organic or extractive farming is known as conventional farming. In time it will be known us unconventional farming as consumers force retailers to stop upholding this lunacy.

A consistent theme of this column is the destruction of the earth by agriculture. An area of the rainforest the size of 36 rugby fields is being cut down a day. This is the lung of the earth that produces oxygen that we breathe. How long can any human survive without oxygen? If we carry on cutting down the rainforest, we could soon be finding out.

The rainforest is felled on a daily basis to make space for the planting

## CAN ORGANIC AGRICULTURE *feed the world?*

of predominantly four crops: soya, maize, palm oil and sugar cane. Soya and maize are grains that are fed to cattle, which by design are meant to eat grass, and so the grains violate their digestive system, which then results in the meat causing a plethora of inflammatory diseases. We are eating ourselves to disease by choosing conventional/confinement/grain-fed beef.

Palm oil is very widely used in the food industry. It has absolutely no health benefit (not that this has ever been a motivation for the food industry) and is another cause behind the inflammatory disease epidemic that humans are facing. An omega 6 overload is another way to think of it.

Sugar, like palm oil, has no use in modern life. It makes people fat and sick, but the food industry loves it because it is more addictive than cocaine, it enhances flavour and is a preservative.

As the rainforest is wiped out, so are many species of animals that live only in the rainforest.

The next problem with conventional agriculture is that it leads to soil erosion. There are 20 times more kilograms of topsoil lost annually than there are kilograms of food produced in the world. Organic agriculture builds topsoil.

If you are still unclear of the effect of conventional food on humanity, consider that the speciality in medicine that is growing the fastest is oncology. Closer to home, we are the third most obese country in the world.

Here is how South Africa can feed itself with grass-fed meat (beef, lamb and pigs) and eggs, while at the same time creating jobs in the integrity food industry.

If you drive from the Transkei border all the way through KwaZulu-Natal to Swaziland, all you will see, apart from the urban sprawl that the Durban town planners are zealously expanding, is a monoculture of sugar cane – sugar that makes people fat and sick. Furthermore, this monoculture is fed with artificial fertilisers, which burn up soil carbon and so lead to topsoil loss or soil erosion.

All that sugar cane could be replaced by multispecies pastures, which, if rotationally grazed (the subject of a previous column), will not only sequester carbon, which leads to topsoil being built, but also nourish the humans eating that meat. Grass-fed meat has the correct ratio of omega 6 and 3.

There is also enough land to plant millions of trees into shelterbelts around and among the aforementioned pastures. To learn more about this subject, please go to my blog at [www.farmerangus.co.za](http://www.farmerangus.co.za) and look for the article on shelterbelts in the archive.

As always, you are welcome to come to the farm for a real food safari. ■

BY SAVANNAH FREEMANTLE

# colour YOUR WORLD

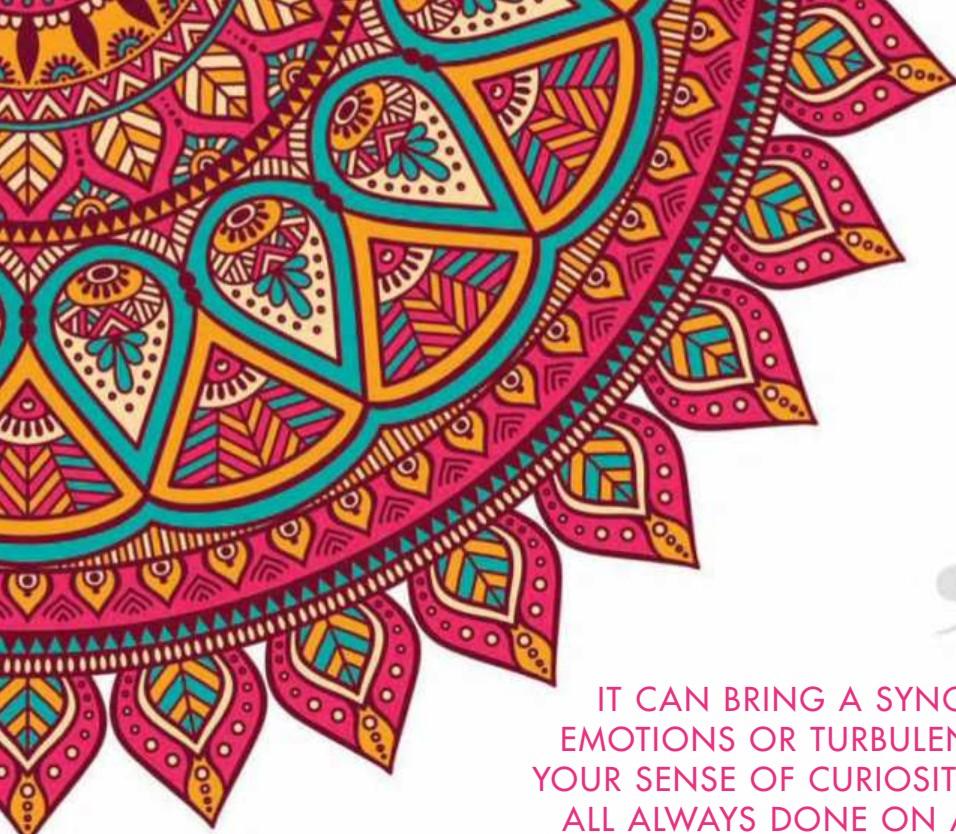
AS BOOK AND STATIONERY STORES STACK THEIR SHELVES WITH THE LATEST TREND FOR ADULT HOBBYISTS – COMPLEX COLOURING-IN BOOKS – WE TAKE A LOOK AT THE PSYCHOLOGICAL BENEFITS OF THIS INTRICATE ACTIVITY, AND ITS ROOTS IN ANCIENT CULTURE



Carl Jung was one of the first Western psychologists to introduce colouring into the therapy room. In the early 20th century, he began experimenting with mandalas, describing them as “a representation of the conscious self”, and symbolising “a safe refuge of inner reconciliation and wholeness, a synthesis of distinctive elements in a unified scheme representing the basic nature of existence”.

Mandala is a Sanskrit word meaning “circle or completion”; it is found to be of deep spiritual meaning as a representation of wholeness in the Tibetan, Buddhist and Hindu cultures. Completing a mandala was seen to be a healing process of self-reflection, and was widely recognised as a meaningful reflection of the creator.

According to the Mandala Project, founded by author Lori Bailey Cunningham, it can be seen as “a model for the organisational structure of life itself – a cosmic diagram that reminds us of our relation to the infinite, the world that extends both beyond and within our bodies and minds”.



IT CAN BRING A SYNCHRONISING OF INNER EMOTIONS OR TURBULENCES. IT CAN REAWAKEN YOUR SENSE OF CURIOSITY AND BRING FUN. THIS IS ALL ALWAYS DONE ON AN INNER PRIVATE LEVEL, ALTHOUGH IT CAN BE DONE IN AN ENVIRONMENT WHERE YOU ARE ALONE OR WITH OTHERS

- *Elizabeth Oosthuizen*



Elizabeth Oosthuizen, a psychologist in practice at Akeso Clinic, explains how the modern interpretation of this ancient spiritual tradition impacts positively on our psychology: "We all have an inner artist. This is our unconscious self, the seat of our emotions. Emotions are part of our everyday life; they are the avenues our unconscious uses to speak to us, giving us messages about how we feel about our past, present and future experiences on our journey through life."

Oosthuizen adds: "Do you listen to these messages or do you tend to push them away? The positive side of listening to these messages, and acting upon them, is the introspection that will result in the growth of emotional intelligence. Emotional intelligence can be defined as the capacity to recognise our own feelings and those of others, leading to self-motivation, and the effective management of our emotions and relationships.

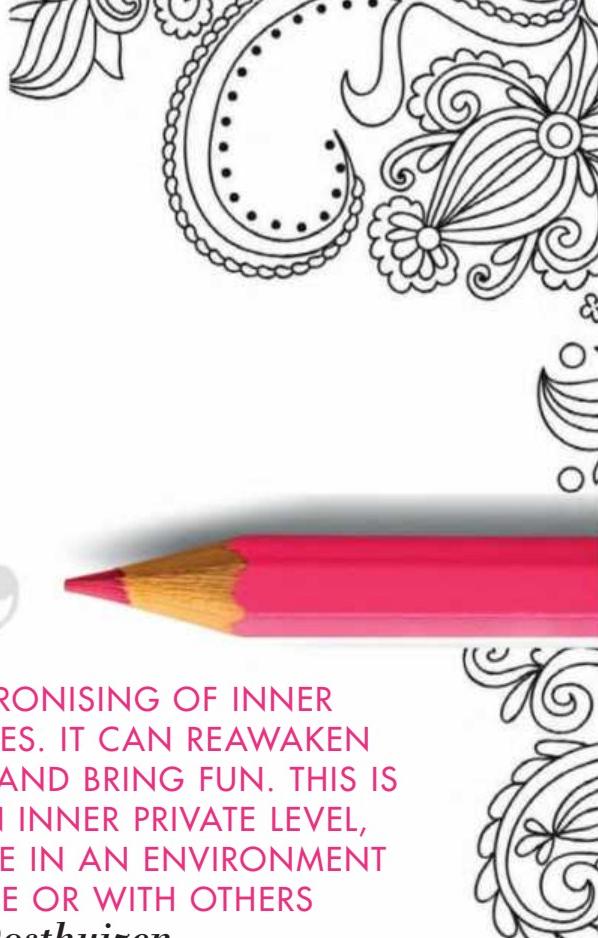
"Through the healing and creative modality of art, we can reach and recognise emotional messages. Touching our inner world, we will either feel at peace or realise that we need to explore further. This will be an enlightening, non-threatening

process of self-discovery, a marriage of the conscious and the unconscious."

She says the main role of colouring in, in an individual's life, is to create an opportunity for self-nurturing. She describes this process of self-nurturing as being informed by:

- A renewed ability to contain yourself, as you have to focus on colouring in small spaces, which requires precision-work;
- A release of emotions, as you allow yourself to simply be in a quiet space and acknowledge any emotions you may be experiencing;
- A form of relaxation, as you slows down and become more in touch with the present moment; and
- A safe space in which to release anger, as it is an environment in which you can express yourself without taking those emotions out on others.

"At the same time, it brings forth an adventurous and creative side. While colouring in, our thoughts drift and our conscious mind is filled with the flowing of ideas, images and dreams. This way we can gently form opinions and find passion again," she says.



**According to Oosthuizen, it can also assist in developing:**

**PERSISTENCE**

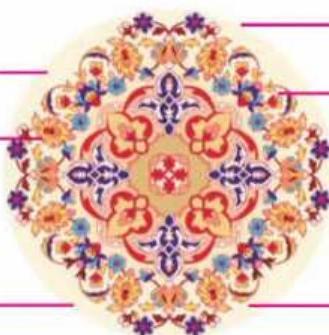
as you choose to keep going even when it becomes difficult or takes longer than expected

**COMMITMENT**

as it takes a good portion of time to complete one of these intricate pieces;

**ADAPTABILITY**

as you deal with the variations in the set challenge presented to you



**SELF-AWARENESS**

as the product created is a reflection of one's state at any given time

**SELF-EXPRESSION**

as you become more comfortable with experimentation and expressing your inner impulses

**BRAINSTORMING CAPABILITIES**

as a free flow of thoughts and idea is encouraged you're your creativity is awakened.

## CAN IT BE CONSIDERED ART THERAPY?

Art therapist Samantha Davis says that, strictly speaking, colouring in is not art therapy, and due to its directive nature, she would not use it in her practice.

"Art therapy is about a process of being creative, where there isn't necessarily a focus on creating a product. It is more about building a relationship with a therapist, whereby you enter into a process of healing through art – whereas colouring in is a product-focused and a self-soothing creative outlet; these are two different processes," explains Davis.

"However, some of my clients have reported to me that, in between sessions, they do sometimes colour in as a means to destress. This is healthy and can work, although I would emphasise that it works best in conjunction with art therapy sessions, with a qualified and registered therapist, rather than as a standalone process," she adds.

Although not a form of traditional art therapy, Davis acknowledges some of the lesser psychological benefits. She says colouring in activates both sides of the brain. "Because there are already existing lines, shapes and patterns, the individual will use the left side of their brain, as this sphere is responsible for logic, detail and structure. When choosing different colours, one uses the right side of the brain, which is associated with creativity and imagination."

"Colouring in can be relaxing, as it takes focused

attention. Focus is known to lower the heart rate and allow for slower, stress-releasing breathing practice. It is also relaxing as the repetition of lines, shapes, colours and hand movement can be soothing, comforting, provide a sense of control over one's life and a sense of mastery of the skill – these are all stress-releasing experiences," she notes.

"People often have difficult feelings when things happen in their lives that they do not have control over. Choosing colours and the tone of the picture helps people to feel that they are regaining control in their lives. This aspect of choice is key, as well as the follow-through and completion of the picture, which results in a calming feeling of satisfaction and accomplishment," Davis says.

"It can also be experienced as a healthier escape from everyday life than electronic mediums. When you are colouring in, it can feel meditative as you get into a rhythm. As you become aware of what colour you are using and where you are putting it, you become more mindful. This is a healthy process for the brain. It can also further develop an individual's ability to concentrate."

"I would encourage people who enjoy colouring in to create their own patterns and pictures, and colour those in, as this becomes more personal and self-expressive, and leads to a more useful form of self-reflection," Davis advises.





## WHY IS IT EXPERIENCED AS THERAPEUTIC?

Registered counsellor and practising art therapist Sarah Cohen-Schwarz says colouring in is fantastic for slowing people's minds down and bringing them into the moment.

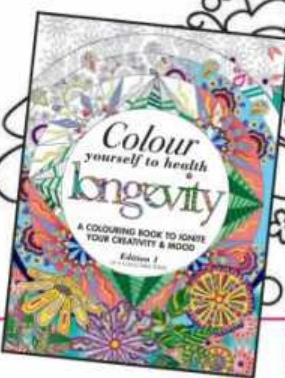
"Colouring in is a very good in-the-moment activity, and thus can be used for relaxation purposes. It is a good starting point for people who experience anxiety, those who have been through trauma, and people who are always thinking about the past or the future. Bringing these individuals into the present moment is a crucial start to the therapy process," she explains.

"Colouring in could be seen as the first step into art therapy for those individuals who are very stifled and insecure, as it can assist them with getting in touch with their artistic nature and increasing their ability for self-expression. Then, when they reach the art therapy process, they will feel more capable of letting go completely and creating from scratch."

"In anxiety or trauma responses, one of the main methods of treatment is to stop the fight-or-flight response. Colouring in can be used to calm down the individual's neurochemicals, thus soothing the brain and taking away any thoughts causing anxiety. It can also create a wholesome feeling. It can be a very helpful, functional tool," she says.

"Another aspect of anxiety that colouring in can assist with is the loosening up of the rigid sense of identity people suffering from anxiety experience. When one is anxious, the story they tell themselves about themselves is very tight and of a limited perspective. When one relaxes into a process of creativity, one's perceptions become looser; this can be quite exciting for the person, as they discover that they can feel relaxed, that they can be creative, and that they have more dimensions than they previously believed."

"A process of colouring in might very well translate into a psychological state of creativity and enhanced problem-solving as anxious thoughts are pushed from the mind, and there is more time and space in which to think laterally," Cohen-Schwarz says. ■



WE HOPE YOU  
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# The science of beautiful skin The glow of Nimue



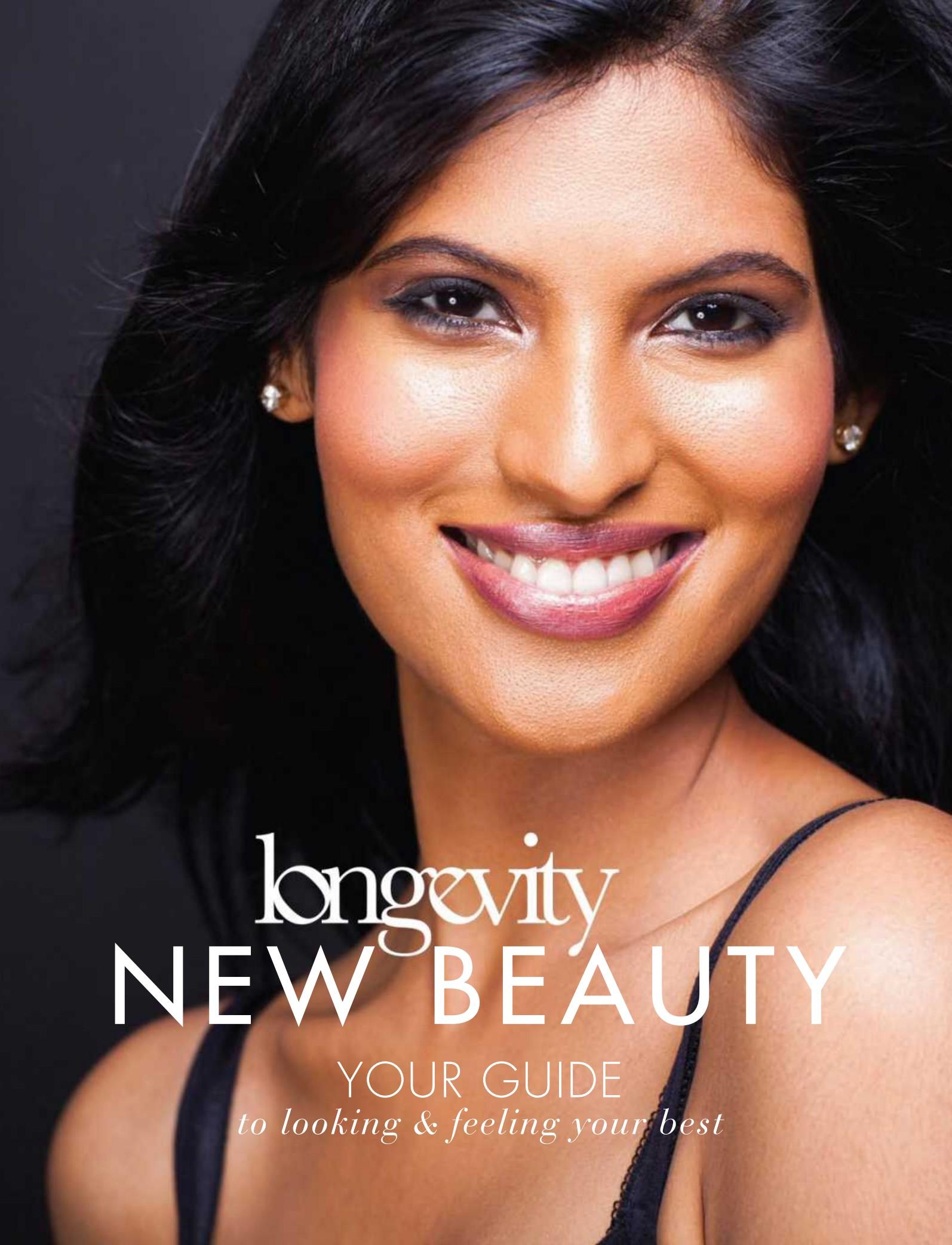
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COMPILED BY KIM BELL

# LASTING BEAUTY



## FESTIVE TREAT

The Jo Malone Travel Candle Collection will turn any room into a haven. This special Christmas Edition collection consists of three delicious scents: Blackberry and Bay, Pine and Eucalyptus, and Roasted Chestnut. A perfect gift for someone special (even if that someone is you...)



## GOOD ENOUGH TO EAT

This holiday season, treat yourself to a spa experience in your own home, with the limited-edition Spalicious Pistachio and Mint sugar scrub, soak and butter.

“  
BEAUTY  
IS NOT JUST  
PHYSICAL.  
- Halle Berry



## ENERGISE YOURSELF

As the year comes to a close, you may need a little skin pep-me-up to help you through. Kiehl's Daily Reviving Concentrate is just the thing. The serum contains a revitalising blend of ginger root, sunflower and tamanu oils, which helps to rehydrate tired and fatigued skin.



## WE LOVE:

Wynnya ([www.wynnya.com](http://www.wynnya.com)) is the brainchild of Johannesburg wife and mother Monika Rowe. For her own personal health reasons, she started making her own deodorant in 2013. Intensive research into natural products, and a course in aromatherapy and herbalism have led her to the development of a wide range of body and beauty products. She uses only glass containers, cellulose bags and recycled biodegradable products as packaging. We love the Wynnya bath salts, a blend of various salts, herbs and essential oils that have a skin-softening, relaxing, detoxifying and pH-levelling effect on your body. ■

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# ANTI-AGING *news*

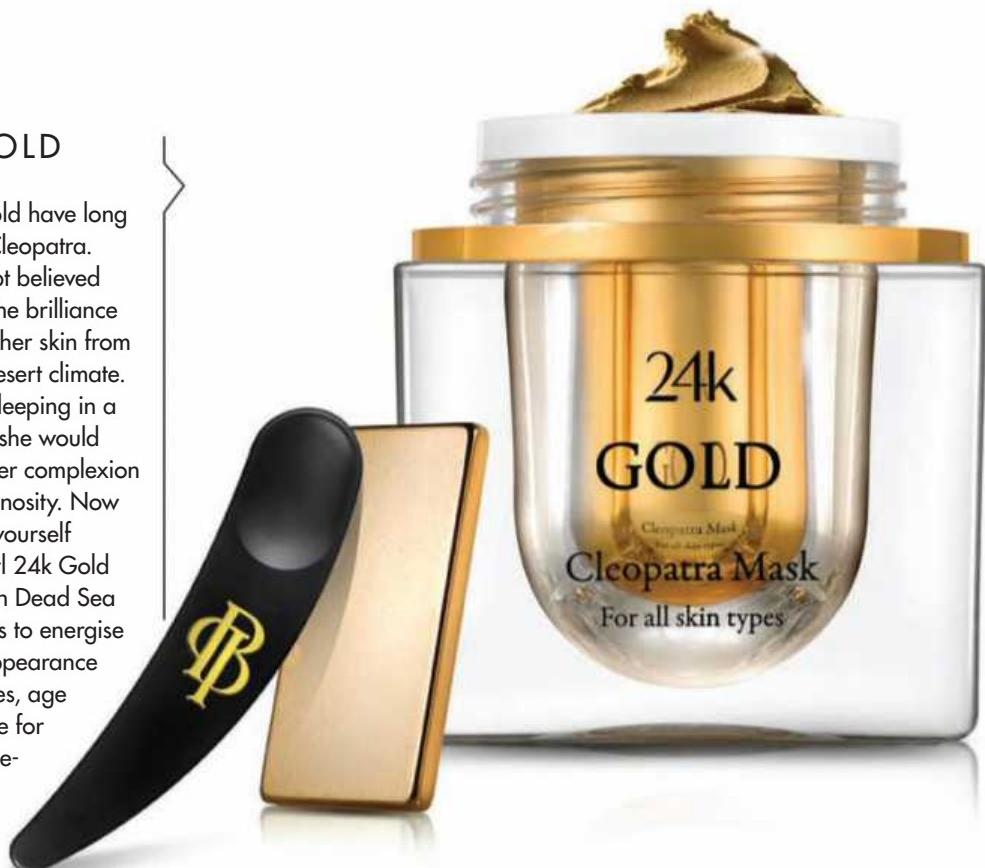
COMPILED BY KIM BELL

# Age PERFECT

PRODUCTS, NEWS AND TIPS FOR LASTING BEAUTY

## BENEFITS OF GOLD

The anti-aging benefits of gold have long been recognised – just ask Cleopatra. The Pharaoh of ancient Egypt believed gold would not only reflect the brilliance of the sun, but could protect her skin from the harsh and unforgiving desert climate. Cleopatra believed that by sleeping in a gold face mask every night, she would enhance the suppleness of her complexion and preserve its natural luminosity. Now you can experience this for yourself with the luxurious Black Pearl 24k Gold Cleopatra Mask, infused with Dead Sea black mud. This product aims to energise your skin, and reduce the appearance of rosacea, wrinkles, fine lines, age spots and blemishes. Suitable for all skin types (except for acne-prone skin).



“

THERE IS A  
FOUNTAIN OF  
YOUTH: IT IS YOUR  
MIND, YOUR  
TALENTS, THE  
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THIS SOURCE, YOU  
WILL TRULY HAVE  
DEFEATED AGE.

*– Sophia Loren*

## HEAD TO TOE

If you are a fan of Elizabeth Arden's Eight Hour Cream range, you are going to love the new All-Over Miracle Oil. The iconic Eight Hour range has long been known for its skin-nourishing and moisturising properties. This new multipurpose oil (available in store from 11 January) is designed for face, body and hair, creating top-to-toe moisturising benefits. Plus the light citrus floral fragrance is perfect for summer days – promoting an energising sense of wellbeing.



”

## SUN-KISSED

Nimue's Sun-C range helps to protect your skin against the premature and photo-aging effects of the sun. The SPF 40 is a lightweight, non-oily sunscreen formulated with organic and inorganic filters to aid in DNA protection and repair. The Body Spray, available in SPF 30 Active and SPF 50 Sport water-resistant, is an easy way to ensure

all-over protection, while the After Sun Hydrator helps to increase your resistance to inflammation and promote healing of the skin after sunburn. Don't forget to pack the Vitamin C Moisture Mist into your beach bag this holiday – this invigorating mist leaves your face feeling moisturised and rejuvenated. ■

# WISHLIST

COMPILED BY KIM BELL

# VISION OF *beauty*

THIS MONTH'S MUST-HAVE PRODUCT RANGE:  
**DOLCE & GABBANA THE MAKE UP**

"For us, make-up is the ultimate expression of feminine beauty. The look a woman chooses depending on her mood, and the captivating way in which she applies it, is part of a woman's allure," say Domenico Dolce and Stefano Gabbana.

The Make Up range has recently launched in South Africa – inspired by the designers' roots and fashion world. Colours, shades and textures reflect the rich hues of Sicily. Exclusively available at the following Edgars counters: Sandton, Clearwater, Rosebank and V&A Waterfront. Products will available at the

Gateway counter from early next year.

What makes this range even more special is that, at 81, the iconic Sophia Loren is one of the ambassadors, and has been gifted her own signature lipstick. Sophia Loren N°1 is a bright cherry-red, created, together with the actress herself, to enhance the deep pigmentation of her lips. The ultra-light, semi-sheer lipstick picks up your own lip pigments, creating a unique colour on each woman who wears it. Not only is it engraved with Sophia Loren's signature, but it carries the signature powdery rose fragrance. ■





## Meet Candice-Lee

Candice-Lee is one of South Africa's most prominent beauty bloggers. She started her blog, [inmybag](#) after leaving a 15 year magazine career:

*"Having been a beauty editor for close on 9 years, I'm passionate about educating women on how to care for their skin and helping them navigate the often overwhelming choices that they have to make when buying beauty products."*

Visit her blog  
[www.inmybag.co.za](http://www.inmybag.co.za)

# Tried & Tested

Dermalogica understands skin ageing

**"I love it when a product lives up to its claims"**



"When I heard that Dermalogica was launching their **Overnight Retinol Repair**, I couldn't wait to try it. Being a beauty writer and blogger, I know just how beneficial Retinol is as a skincare ingredient, especially when one is concerned with ageing. Retinol is great because it works to exfoliate the skin, while stimulating cell renewal and repair.

I love when a product lives up to its claims, and Dermalogica's Overnight Retinol Repair really does.

*Within a few days I noticed a visible improvement in my skin's tone and texture, along with an improvement in fine lines and wrinkles."*

# dermalogica®

# ANTI-AGING *report*

BY KHEYRNE DANU

## GET THE *glow*

WHY YOU SHOULD GIVE  
YOUR SKIN A HOLIDAY TOO

Clear, fresh skin doesn't just look good; it feels simply delicious. Waking up to great skin is the best way to start the day, so we have asked our experts for tips to help you to find your summer glow. The following guidelines for skin detoxification will support your body inside and out.

## OUR SKIN'S ARCHRIVALS

Being the largest external organ, the skin is exposed to the impact of our environment 24 hours a day. "That includes pollution and ultraviolet radiation, pathogens and toxins. Our skin has to be able to deal with that exposure on a continual basis," explains Dr Graham Duncombe, a GP and anti-aging expert at the Skin Renewal practice in Somerset West.

"If our skin barrier breaks down, we start to get a lot of systemic reactions. So it's very important that we take good care of our skin. And stress, of course, shows up on the skin. It can affect the hormonal balance and easily result in a skin breakout."

A mixture of environmental damage, free-radical damage, stress and hormone imbalances make up the perfect cocktail for aging skin.

## WHAT IS OUR SKIN SAYING?

"The skin is our dashboard light of our vehicle. Once that light goes on, we know that something might be at fault underneath the hood," says Duncombe. "The skin is one of the earliest indicators of something going awry in our health. It is a great indicator of our cardiovascular system and circulation, and obviously it's a great indicator of our nutrition. We know that nutritional problems often cause rashes."

After a journey of personal skin challenges, Constantia-based Dr Hauschka aesthetician Rachelle Napier realised that her calling was in the world of holistic skin therapy. Napier feels the skin can tell us a lot about the vitality of our internal organs. "If we are pale and wan, we may need to activate the skin's metabolism to send more nourishment to the surface, and if we are red and sensitive, we would need to calm and soothe our nervous system to protect our skin."

Detoxifying the skin may not be that difficult, considering it is one of the main detox organs. "We find that our body mostly detoxifies through the kidneys and the liver, as well as the lungs. Any sluggishness in those organs will start to have an overflow process into our skin, hair and nails," adds Duncombe.

"Skin problems can be an indicator of toxins building up in the system when our other organs are battling to detoxify." Therefore, increasing nutritional and cleansing support of the entire detoxification system can assist in creating a radiant complexion.



## RACHELLE NAPIER'S SUMMER SKIN SUGGESTIONS

"The ritual of detoxing is an ancient, natural approach to gaining a fresh, healthy glow after the solitude of the winter months," states Napier. "As we enter into summer, we instinctively feel that we want to let go of the darkness of winter. Our instinct is to pay attention to how we look. We want to shine and glow for the summer days ahead."



Cleanse your skin daily to stimulate the lymph and remove impurities from the skin, while at the same time maintaining the correct pH through protecting the skin's acid mantle.



Draw out toxins with a clay facemask, which naturally exfoliates dead skin cells.



Clay body wraps also leave your skin feeling soft and silky, while reducing blemishes and scars. Through the clay application, minerals are ionically exchanged for toxins, increasing immunity and leaving you feeling stronger and clearer.

# NUTRITIONAL SUPPORT

A gentle detox support for the kidneys and liver can be as simple as drinking lemon water and eating apples. Drinking or supplementing with buchu, parsley or dandelion can provide a deeper support.

One can even use castor oil packs for gentle liver cleansing.

Eating cruciferous vegetables and berries, or a food-based supplement high in vitamin C, can support the circulation and scavenge free radicals.

Biochemical tissue salts can also help for maintenance of cellular biochemistry.



And remember to drink pure water to aid their assimilation, as well as to flush out toxins.

Glyconutrients are great for cellular communication.

Amino acids, or protein-rich foods such as avocados, seeds and nuts, can support cellular repair.

Vitamin Bs are essential for nerve tissue regeneration and skin moisture, especially in sensitive skin.

## FOODS TO NOURISH THE SKIN

*Top skin foods from US-based nutritional beauty author Kimberly Snyder*



Walnuts, filled with omega 3, help to make your skin more supple and resilient, strengthening your cell membranes against oxidative damage.



Dark leafy greens contain thousands of beauty-building phytonutrients.



Sauerkraut is high in vitamin C and probiotics; it can help to get rid of crow's feet.



Beetroot can flush your lymphatic system and support your liver and kidneys, plus it is a natural colon cleanser.



Cucumbers are high in enzymes, electrolytes and B vitamins, all needed to build skin radiance from within.



## DR GRAHAM DUNCOMBE'S TWO-WEEK SKIN REVAMP

- *Follow an anti-inflammatory, Mediterranean-style diet.* Include fresh, organic and seasonal produce. Stick to low-fructose fruits; the vitamin C in the fruit and veg will keep your skin bright and boost collagen. Eat a rainbow of foods each day to get a full spectrum of antioxidants and vitamins into your system. Enjoy fish, as it's loaded with omega 3s needed for healthy, glowing skin.
- *Eat in moderation.* Rather eat multiple small meals throughout the day than a few large portions; this lightens the load for your liver and colon.
- *Avoid processed foods, alcohol, caffeine and simple carbohydrates.*
- *Hydrate.* Most of us don't drink enough water and are chronically dehydrated. The skin is often the first place to suffer from dehydration. Plus, drinking lemon water first thing in the morning helps to alkaliise the system and support the liver.
- *Sleep is an essential part of detoxing and hormonal balance.* Try to get at least seven hours of sleep a night.
- *Do moderate exercise each day.* It is important to get the lymphatic system draining, increase your circulation, regulate bowel movements and detox through sweating. Only 20 minutes of aerobic and weight-training exercise a day is needed during a cleanse. Too much exercise can produce toxins and increase unwanted stress hormones.
- *You can supplement with good-quality vitamin C, milk thistle, glutathione and phosphatidylcholine.*



Watercress can tackle patchy and uneven skin tone by cleansing and oxygenating tissue.



Sunflower seeds are high in vitamin E, which helps to eliminate the free radicals that cause cellular damage.



Citrus provides a boost of vitamin C, which can help to repair skin collagen.



Turmeric is cleansing for your blood, which helps to prevent acne and other skin imbalances, and boosts circulation, while having strong anti-inflammatory effects. The better your circulation, the fresher and more glowing your skin is going to be.



## HAPPY GUT, HEALTHY SKIN

Duncombe describes the role of **gut bacteria** in thriving skin. "A lot of skin conditions begin with imbalances in the gut, as the gut bacteria play a large role in skin and organ health. Probiotic supplements help to keep a variety of beneficial bacteria in the gut. It's important to change probiotics to get a good variety of bacteria in. Fermented foods also provide us with a variety of beneficial bacteria."

If you are suffering from **acne or other skin problems**, you can take natural antibiotics such as wild oregano, olive leaf extract or garlic to support the elimination of pathogenic bacteria, which create inflammation in the skin and organs.

### UNDERSTANDING COMMON SKIN ISSUES

Your skin is a very visible way of determining any nutritional deficiencies.

- **Eczema** can be related to food allergies and hormones.
- **Psoriasis** could arise from vitamin D deficiencies and hormone imbalance.
- **Pigmentation** issues such as dark areas around the cheeks and forehead can indicate a vitamin B12 deficiency.
- **Dry skin** can often indicate a lack of omega 3.
- **Sensitive, reactive skin** can be related to a cortisol imbalance.
- **Dark rings** under the eyes and dark puffy eye congestion are indicators that you might be building up toxins, not sleeping enough or not drinking enough water.
- **Urticaria**, or welts, is a sign of overstimulated histamine, which is a reaction to something more systemic.

A good summer skin cleanse can take years off your appearance, and has the added bonus of supporting your digestive health. The right professionals can show you how to tailor the detox to your individual needs, in addition to providing nurturing skin therapies that are simply heavenly. ■



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# BEAUTY *update*



BY KIM BELL

## Summer

H A I R

THE SECRETS TO STRONGER, MORE BEAUTIFUL HAIR

**H**ealthy hair starts with a healthy scalp. "Think of it like fertilising your garden," says Shelene Shaer, owner of Tanaz Hair, Body and Nails. "A good fertiliser ensures a healthy, strong, growing garden. It's the same with your hair."

# Lifecycle of your hair

**THE ANAGEN (GROWING) PHASE:**  
This can last between two and seven years. The cells in the hair root are rapidly dividing to create virgin hair at the base of the follicle.



**THE TELOGEN (RESTING) STAGE:**  
This can last up to four months and is basically a fully formed hair. These hairs are technically dead and are the ones you find after washing your hair, on your pillow in the morning or attached to your brush. Once the hair falls out, the growing phase starts again, with the new hair pushing the old out of your scalp.

**THE CATAGEN (TRANSITION) PHASE:**  
This typically lasts between two and three weeks. After your hair has reached its maximum growth, it "rests", a limbo-type period between growing and falling out.

## STRENGTHEN YOUR HAIR

The hair you were born with is the hair you will have your whole life, say the experts. You cannot make your hair thicker, nor can you increase the amount of hair you have. You can, however, make it stronger.

Terence Jansen van Vuuren of Terenzo Hair International explains that when looking for products for strengthening hair, focus on those that are targeted for hair loss and thinning hair. Ingredients such as omega-3, zinc and arginine can all be of benefit. Omega-3 helps to combat dry and brittle hair, hair loss, flaky scalp and reduced circulation to the scalp, while the zinc promotes the regulation and control of sebaceous glands that secrete oil onto your scalp and hair. It also assists in blocking DHT (dihydrotestosterone), a primary cause of male hair loss. Arginine promotes circulation and relaxes hair follicles, which stimulates the scalp to promote hair growth.

Other ingredients to look out for are ceramides, as these strengthen molecules, reinforcing the hair fibre and making it stronger from root to tip; polyphenols, which are antioxidants that protect the hair from oxidative stress; and SP94, a gluco-lipid that plumps up the hair and optimises hair growth.



## FEED YOUR HAIR

Shaer suggests that you first look at your diet, as this is vital for healthy hair. Hair is made up mainly of the protein keratin, with an inner layer of melanin that gives your hair its colour. The outer layer, called the cuticle, protects the hair.

Your hair grows on average 1cm per month. Speed depends on genetics, age and your hormone levels. Your hair growth may be affected by deficiencies in zinc or protein, anaemia and hormonal fluctuations that are linked to pregnancy, menopause, thyroid conditions or polycystic ovarian syndrome.



### WHAT TO EAT:

**Protein** – Keratin is responsible for giving your hair its strength and flexibility. Salmon, grass-fed meat, chicken breast, soy protein, beans and pulses are good options. You need to ensure that you eat a wide range of protein sources, to get as many of the amino acids as possible.

**Carbohydrates** – A no-carb or low-carb diet can affect your hair. Trichologists warn that you may notice shedding effects around three months after starting a diet of this kind, as that is around the length of the hair growth cycle. A restricted diet in any form will result in dull, lifeless and brittle hair. Make sure you eat complex carbohydrates, such as wholegrain bread, brown rice, wholemeal pasta and oats.

**Iron** – A healthy diet with iron-rich foods will keep hair strong and healthy. Iron is found in dark green vegetables, liver and red meats, oily fish and egg yolk.

**Omega-3 fats** – Omega-3 fats are found in the cell membranes of the skin on your scalp. These oils help to keep your scalp and hair hydrated, and trichologists believe they play a role in the health of both your scalp and your hair.

**Vitamin A** – This is needed to keep your immune system healthy and to promote cell growth. Foods such as sweet potato, carrots, peppers and green vegetables are great sources of beta-carotene, the plant version of vitamin A.

**Biotin** – A lack of this B vitamin can result in brittle hair, or even hair loss. You can find biotin in breakfast cereals, eggs, cheese, yoghurt, kidney beans and chicken.

**Zinc** – This essential trace element helps to keep your scalp and hair healthy, as hair needs zinc for cell growth. Cereals, whole grains, kidney beans, oysters, beef and eggs all contain zinc.



### PROTECT AGAINST HEAT STYLING

"Start by purchasing good hairstyling tools, such as irons where you can control the heat settings, and hairdryers with a nozzle that distributes air flow," says Shaer. She adds that you need to get to know and understand your hair, and what its capabilities are. "The more you try to change the texture of your hair, the more damage you end up doing."

Groenewald comments that using a good heat-protector product is important, whether you blowdry or flat-iron your hair, as both put strain on the hair. "Also remember that the correct shampoo and conditioner are necessary, as moisture is the word for dry hair," notes Shaer.

### fast fact

YOUR HAIR TENDS TO GROW FASTEST IN THE SPRING AND SUMMER.



### WHAT CAUSES BREAKAGE?

There are a number of factors that can cause hair breakage, says Shaer. These include dry hair not being conditioned, and brushing wet hair roughly instead of using a tangle teaser or your fingers. "Daily heat styling is a real enemy, not cutting your hair often, and tight hair accessories. Possibly the worst is tight braiding, as this causes traction alopecia and this hair never grows back."

Verushka Groenewald of Platinum Hair and Beauty adds: "Breakage can be caused by a lot of things, like overprocessed colour; incorrect home care also plays a big role."

You get two types of hair breakage: mechanical breakage, which happens from ongoing heat styling with no heat protection, and chemical breakage, which happens when hair is overprocessed and weakened time and again.

"As the saying goes, Rome wasn't built in a day, so don't rely on quick and drastic colour change, as this will have a direct impact on the condition of your hair," advises Janine Rom, stylist at Gary Rom Hairdressing Woodlands. "Treatments are very important when doing any colour or chemical service, as when we do these services, protein is taken out of the hair. Always remember to treat, as this will prevent chemical breakage."

### DID YOU KNOW?

HAIR OIL IS LIKE LIQUID GOLD FOR DEHYDRATED OR COLOUR-TREATED HAIR. IT CAN BE USED ON WET HAIR BEFORE BLOWDRYING, OR AS A SMOOTHER AND SHINE OIL ON DRY HAIR.

## COLOURING YOUR HAIR

When you colour or highlight your hair, protein is removed. As you spend time in the sun and in water during the holidays, you need to ensure dual protein and moisture treatments, in order for your hair to be in the best possible condition, Rom states. "Even better, when we put this dual combination on your head, we use a K-Mist steamer, which penetrates the treatment further into the hair cuticle, which lasts longer in the hair."

Shaer adds: "At home, use a masque to treat hair weekly, and I would definitely look at doing a salon treatment every six weeks."

## ELIMINATE THE FRIZZ:

"Sun and summer activities such as swimming can wreak havoc on your hair. Putting a plan in place to make sure that your hair remains frizz-free and well-hydrated during the hot months will also help to reduce summer hair loss," says Maameya Dankwa, brand manager of Vigro.

In addition, stress, pollutants, illnesses and medications can also cause non-genetic hair loss.

### **4 steps to put into action during summer:**

**1**

Rinse your hair with fresh water once you have finished swimming in the pool. Combined with the heat, the chlorine in the pool water will dry out your hair even further.

**2**

A natural reaction when faced with dry, limp, even fizzy hair is to style it into behaving; this is a big mistake. Any extra heat from a hairdryer, hair straightener or curling iron will cause more moisture to leave your hair.

**3**

One way to increase the moisture in your hair is simply to drink lots of water. In summer, drinking water is not only good for your body, but good for your hair too.

**4**

Wear a hat!

### **TIP:**

GO FOR A TRIM EVERY SIX TO EIGHT WEEKS, AS THIS REDUCES THE CHANCE OF DRY, SPLIT ENDS

## Must-try products to keep your hair looking beautiful this summer

### L'Oréal Professional Paris Expert Colour 10 in 1:

This perfecting multipurpose spray is suitable for all colour-treated hair. The leave-on product offers protection against the elements, provides shine, softness, smoothness and anti-breakage, helps to detangle, facilitates blowdrying, protects against split ends, and helps to reduce frizz.



**Tresemme Platinum Strength:** This range helps to strengthen the hair's resilience to the harmful effects of future styling. The products replace lipids to recreate the feeling of sleek, healthy hair.



**Moroccanoil Styling Gel:** Suitable for all hair types, this shaping gel with argan oil helps to create sleek and structured styles, adds shine, and creates definition for both wet and dry styles.

### Smooth 'n Shine Fresh Revival Spray:

Ideal for dreads, braids and weaves, it contains moringa and olive oils to refresh your hair without water, helps with odour control and is gentle on the scalp. Perfect for the hot days of summer. Best of all, it keeps your hair conditioned, without detangling your braids or dreads.

## fast fact

Avoid overbrushing your hair. Rather comb your hair gently with a wide-tooth comb. According to Shaer, the best place to untangle your hair is in the shower, with shampoo on.

### Wella Professional Elements Conditioning Leave-in Spray:

The product protects hair from day-to-day stress, and renews hair moisture. Perfect after a day at the pool or beach.



### Osis+ Session Label Salt Spray:

Create that tousled holiday look. Simply spray on damp or dry hair, twist and scrunch your hair as desired.



**Dove Advanced Hair Series Oxygen Moisture Shampoo and Conditioner:** These products are made for women with fine, flat hair. The formulas contain Oxyfusion technology, oxygen-fused moisturising ingredients that are instantly and evenly dispersed throughout the hair, delivering a balance of moisture and volume. The end result is bouncy, full-looking hair that is delicately smooth and easy to manage.



### Cerafill Maximise Texture Effect:

This hair and scalp refresher is for normal to advanced thinning hair. Excess sebum-absorbing particles are lightweight, resulting in fuller-looking hair.

*In the next issue, we look at thinning, fragile hair, and the impact of stress on hair.*

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# BEAUTY *breakthrough*

BY KHEYRNE DANU

# CHILL PILL

A CANCER DIAGNOSIS AND CHOOSING TO UNDERGO CHEMO IS A CHALLENGING PROCESS ON ITS OWN, BUT THE SIDE-EFFECT OF LOSING ONE'S HAIR CAN BE DEVASTATING. HOWEVER, THERE IS A BREAKTHROUGH TREATMENT THAT CAN HELP



The process of chemotherapy is challenging enough, but losing your hair can quickly turn your sensitive private experience into a public event. Recent international research shows that cooling the hair follicles, through cold caps, can potentially help you to keep your hair.

## WHAT IS A COLD CAP?

According to the American Cancer Society, scalp hypothermia is the cooling of the scalp with ice packs or cold caps for a period of time before, during and after each chemo treatment. A cold cap is a therapeutic device used to cool the blood vessels in the scalp in a bid to prevent hair loss.

The Cancer Association of South Africa (CANSA) explains that while powerful chemotherapy drugs attack rapidly growing cancer cells, they unfortunately also attack other rapidly growing cells in the body, including those in the hair roots. Scalp cooling for the first few hours of chemotherapy can protect the hair roots and prevent the hair from falling out. Near-freezing temperatures reduce blood flow in the scalp, making it harder for cancer-fighting drugs to reach and harm hair follicles.

## DO THEY REALLY WORK?

"In my experience, it did work," shares Kerry King from Hout Bay, Cape Town. "I was told that it might not and that, in the end, many women choose not to bother. I am convinced it worked for me. I lost loads of hair, but I never went bald and never needed the wig I had bought."

King was 41, pregnant and living in the UK when she was diagnosed with Stage 2 breast cancer, which had spread to surrounding lymph nodes. For King, the use of cold caps was a straightforward procedure at the UK oncology department.

As many as 50 000 patients worldwide have tried scalp cooling, yet it's still not well known, or offered in most cancer treatment centres. This could be because cold caps didn't work at first, but the mechanics of these devices have improved dramatically over the last decade.

A large meta-analysis of 60 scalp-cooling studies on chemotherapy-induced hair loss was published in the *Expert Review of Dermatology* in 2011. It found that 80% of the patients in the control-free studies did not suffer hair loss. It also found that the number of chemotherapy courses, the admission method and the doses have an influence on the result of scalp cooling. It was evident that optimal fitting of the cap is an important factor for success. Often, bald areas are seen where the cap did not fit properly.

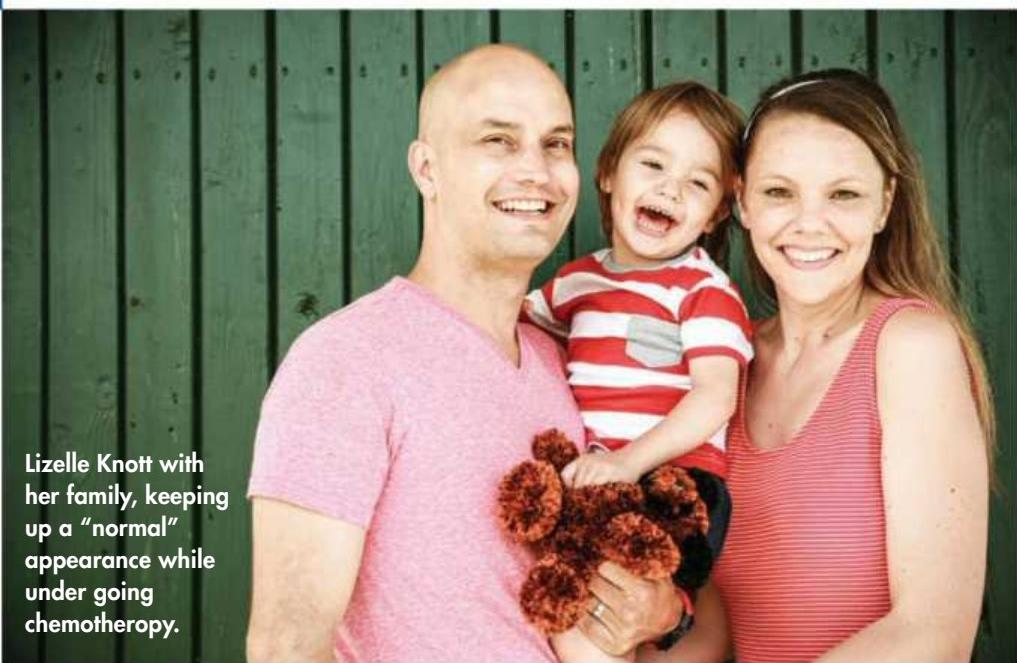
The study found that scalp cooling should not be applied in cases of cold sensitivity, blood cell cancer such as leukaemia or lymphoma, and melanoma patients with adjuvant or curative chemotherapy. The researchers feel that scalp cooling is currently the best method to reduce chemotherapy-induced alopecia (CIA).

## STRAY CANCER CELLS

There is concern among oncologists that the use of cold caps could lead to stray cancer cells finding refuge in the cooled blood vessels of the scalp. Dr Charlene Muller, resident oncologist at the GVI Oncology Centre in East London, says: "The main concern is, by reducing the amount of chemotherapy that goes to the scalp, the risk is one that there may be cells remaining there that haven't been affected by the chemotherapy, but as yet the studies done haven't shown any increased risk of that. The FDA in the US still hasn't approved cold caps, but they are currently looking at the safety and effectiveness of them. It is something worthwhile that we should let women know about."

According to *The Asco Post*, Dr Hope Rugo of University College San Francisco, who is leading the current DigniCap study in the US, comments: "It turns out that the risk of metastases to the scalp is extremely low and, as a first event for advanced disease, it is even lower. Mostly, scalp metastases are seen after people have already had metastases to other places in the body, and in total, only about 1,2% of all metastases are found in the scalp."





Lizelle Knott with her family, keeping up a "normal" appearance while undergoing chemotherapy.



## MAKING A DIFFERENCE

Lizelle Knott from East London was first diagnosed with cancer at 16. She underwent chemotherapy for Stage 4 lymphoma and quickly lost all of her hair, a deeply traumatic experience for a teenager. When Knott was diagnosed with breast cancer last year, she was determined to keep her hair, not just for her sake, but also for her toddler son.

"The ability to walk in public and not have people look at me with pity was a major attitude-booster for me," explains Knott. "I was able to just be 'Liz' and decide who I wanted to tell about my cancer. When you're going through chemo, the last thing you want is people staring at you, or looking at you with that 'ah shame' look."

"It also allowed us to keep things reasonably 'normal' at home for our son. He was only 16 months old when I started chemo. We tried to shelter him from as much of the cancer drama as possible. To him, mommy looked like mommy, and that gave me the confidence and motivation to continue fighting. I also still felt like a woman. I honestly believe that saving my hair, and looking reasonably normal, maintained my positive

attitude throughout my chemo."

After seeing Knott's positive experience, Dr Linda Whitelock-Jones, a Port Elizabeth-based breast surgeon, has become an advocate of cold cap use. She notes: "The latest DigniCap research has had fairly impressive results. Losing the hair is one of the things that women absolutely hate, but it's worth trying cold caps. If it works, it works, and if it doesn't, you haven't lost anything."

For King it was one less thing to worry about, on top of being a new mother. "I am not vain, but I am also not brave and extrovert. I was never going to be that person to jump in and have 10 different-colour wigs, and embrace it. I did buy scarves and a wig, but never had to wear them. It also allowed me to stay under the radar; it was less noticeable that I was ill. I found it hard to cope with people's reactions to me having cancer. I never knew how to handle it when they looked shocked or embarrassed. It might have been harder if I had had no hair, especially if I had been bald with a newborn. I also think it helped my mindset, which was all over the place at the time. I think I really would

I WAS ABLE  
TO JUST BE  
'LIZ' AND  
DECIDE WHO  
I WANTED TO  
TELL ABOUT MY  
CANCER



Right: Lizelle today looking fabulous

Left and above:  
Lizelle wearing her  
"Cold Cap"



Right: Lizelle's last  
chemo session

have had the chance to feel like a victim. Having hair kept me on the straight and narrow, really. I had less chance to slide into oblivion."

## WHAT TO EXPECT

"It was just like a giant, frozen tea cosy," says King. "It was quite heavy and it has to be tight. They put gauze on the hairline so it's not sitting directly on your skin anywhere. They then strap on a hat, like a soft riding hat, with a chinstrap on top of it to keep it down. I have to say it wasn't a pleasant experience; it's frigging freezing, like sitting with frozen peas on your head. And just when you get used to it, they change it for a fresh one straight from the freezer! There are definitely times when you wish it would stop, but you have to have the mental ability to persevere."

Since cold caps are not common in South Africa, Knott and her husband were left to their own devices. They ordered dry ice and made a mini-freezer out of a cooler box, necessary to get the cap cold enough. Knott tucked cut-up pantyliners under the edge of the cap to prevent her skin from being burned. Her husband dug out his welding gloves to handle the below-freezing caps and dry ice. They then strapped the cap on firmly to make sure every hair follicle was exposed. They had to repeat this process every half an hour, but to Knott,



it was worth every moment.

GVI Oncology centres around the country do have cold caps available for anyone who wishes to try them.

Today Knott is motivated to educate people on the effectiveness of cold cap therapy. She adds: "Since finishing my chemo, and being able to prove that the cold caps work, I've tried hard to get my story out there and encourage others to try them too. I am really hoping the awareness will grow." ■

# *happy in your skin*

**WITH DERMALOGICA & SORBET**



Readers joined the Longevity team, Dr Hanneljie van Zyl-Edeling and the Dermalogica skincare experts at the recently held Cape Town and Johannesburg events. Were you captured by our cameras?



**dermalogica®**

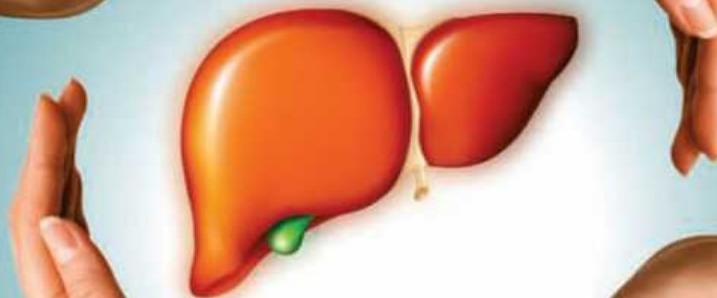
**sorbet**



longevity



HYDE PARK  
CORNER



**It's your liver...  
Keep it healthy!**

# Liv.52® DS

(tablet)

Unparalleled in liver care

**Regenerates, Repairs, Restores liver cell activity  
and protects against toxic damage**

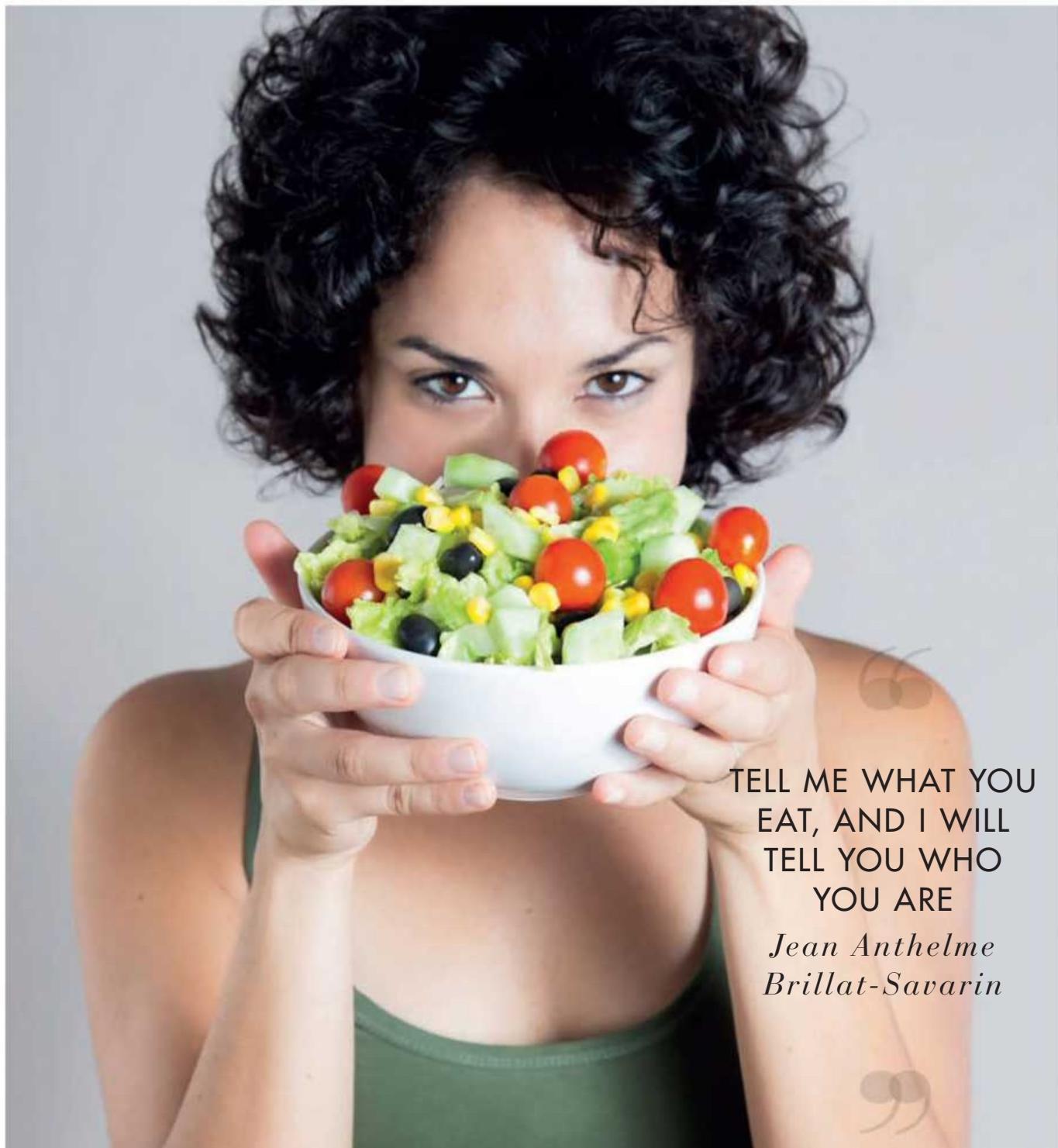
- Drug induced liver injury
- Alcohol induced liver injury
- Detox



# NUTRITION DOSSIER

## FOOD FOR THOUGHT, HEALTH AND HAPPINESS

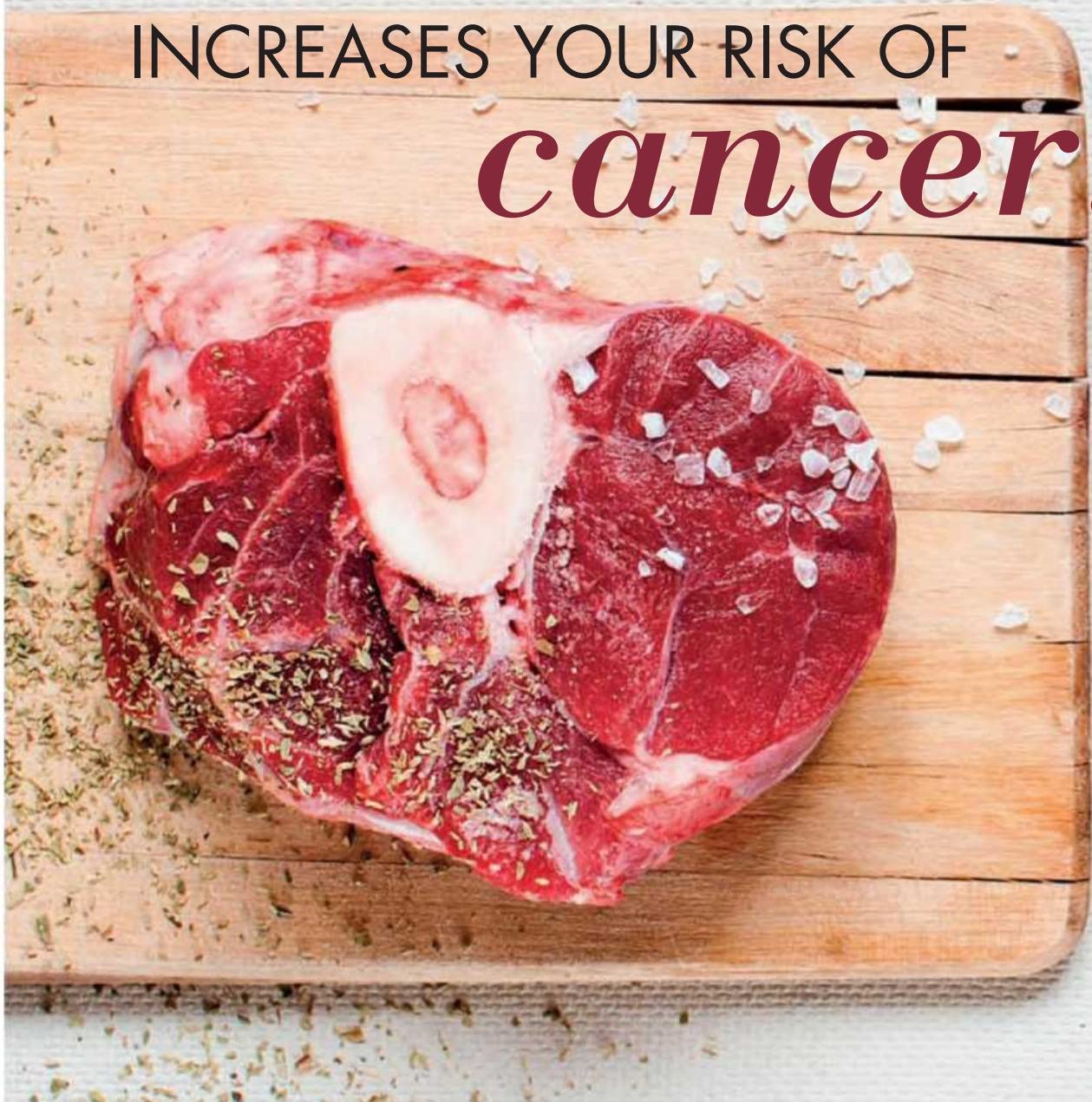
COMPILED BY KIM BELL AND SAVANNAH FREEMANTLE



“  
TELL ME WHAT YOU  
EAT, AND I WILL  
TELL YOU WHO  
YOU ARE

*Jean Anthelme  
Brillat-Savarin*

DOES PROCESSED  
AND RED MEAT  
INCREASES YOUR RISK OF  
*cancer?*



**A** report by the World Health Organization (WHO) has linked increased consumption of processed or red meat to colorectal, pancreatic and prostate cancer. But what do the experts say?

The WHO's IARC (International Agency for Research on Cancer) Working Group, consisting of 22 experts from 10 countries, looked at over 800 studies on the development of cancer in humans and its relation to red and processed meat. They discovered links between red and processed meat and colorectal, pancreatic and prostate cancer. While they discovered limited evidence of positive associations between eating red meat and developing cancer in general, there was strong mechanistic evidence to suggest a link between red meat and colorectal cancer. Thus red meat has been classified as Group 2A – meaning probably carcinogenic to humans.

Although the researchers stress that there has been no positive association between red meat and cancer, only mechanistic evidence, they say that if a link were to be found, it is estimated that diets high in red meat could be responsible for 50 000 cancer deaths per year worldwide. This is in contrast to the 1 million cancer deaths that occur annually at a global scale as a result of smoking, the 600 000 per year as a result of excessive drinking, and more than 200 000 a year due to air pollution.

Processed meats, however, turned out to be the real nasties, landing a Group 1 classification, meaning there is sufficient evidence to link them to carcinogenicity in humans. According to the most recent estimates by the Global Burden of Disease Project, an independent academic research organisation, 34 000 cancer deaths occur annually worldwide as a result of diets high in processed meat.

Processed meat has been defined by the WHO as meat that has been transformed through salting,

curing, fermentation, smoking or other processes to enhance flavour or improve preservation. Most processed meats contain pork or beef, but processed meats may also contain other red meats, poultry, offal, or meat byproducts such as blood. Examples of processed meat include hot dogs (frankfurters), ham, sausages, corned beef and biltong or beef jerky, as well as canned meat, and meat-based preparations and sauces.

British nutritional scientist Zoe Harcombe, who catalysed the classification of dietary cholesterol as harmless in the USA and UK earlier this year, shares her concerns: “I am the first to say ‘Do eat real food; don’t eat processed food’, and I include processed meat as processed food – something to avoid. However, this WHO report describes processed meat as ‘meat that has been transformed through salting, curing, fermentation, smoking or other processes to enhance flavour or improve preservation’. The WHO report should have separated traditional ways of preserving meat from modern manufactured processing (where sugars and chemicals are added).”

Cape Town dietician Alex Royal adds: “It is important to examine your source of processed and red meat, and to opt for hormone-free, grass-fed, free-range meats. The message is that we should find balance: limit the amount of processed meat in our diets and enhance a healthy, active lifestyle where weight is well managed, tobacco and excessive alcohol consumption are avoided.” “For an individual, the risk of developing colorectal cancer because of their consumption of processed meat remains small, but this risk increases with the amount of meat consumed,” says Dr Kurt Straif, head of the IARC Monographs Programme. “In view of the large number of people who consume processed meat, the global impact on cancer incidence is of public health importance.” ■



## BREAKFAST FOR CHAMPIONS

Kellogg (the brand behind the Kellogg's Breakfast for Better Days Initiative, which feeds 25 000 children a day who would otherwise go to school hungry) recently conducted a comprehensive survey of breakfast habits of over 1 200 adults across all nine provinces. The survey found that 77% believe eating breakfast is essential, but one in five children go to school without having a meal.

Even if breakfast isn't missed, dieticians warn that, when breakfast is rushed, nutrition suffers. "Often foods that are eaten on the go are more refined and less nutritious, with higher sugar, salt and fat contents, and lower percentages of fibre and micronutrients," says Gauteng dietitian Jenny Meyer. "Sitting down and eating as a family promotes a good meal structure for everyone, and ensures that they kickstart their day in a healthy way."

## GOOD SNACKS CHOICE

Good Snacks is a monthly subscription box bringing you healthy snacks that are carefully sourced and customised specifically for you. From R450 a month, your box of treats will be delivered either to your office or home.

Founder and owner Dylan Farr explains: "With the global health trend, we have seen an increase in people cooking meals at home. But snacking is 'food on the go' and, in our busy lifestyles, 'food on the go' usually means grabbing the first available snack. This often happens when you're already hungry, which means the blood sugar levels have dropped and your body craves an 'instant fix'. This is when you gravitate towards that high-sugar snack in the checkout aisle."

Good Snacks provides you with a month's supply of snacks that you know are healthy. Customers have the option of identifying whether they are eating gluten-free, vegetarian or paleo, and indicating all food allergies. Choose from Light, Standard or Banting Box.

"Essentially, Good Snacks brings you a surprise box of healthy snacks each month, but we understand that not everyone likes the same snacks. We've therefore incorporated a snack rating system that allows you to have even more control



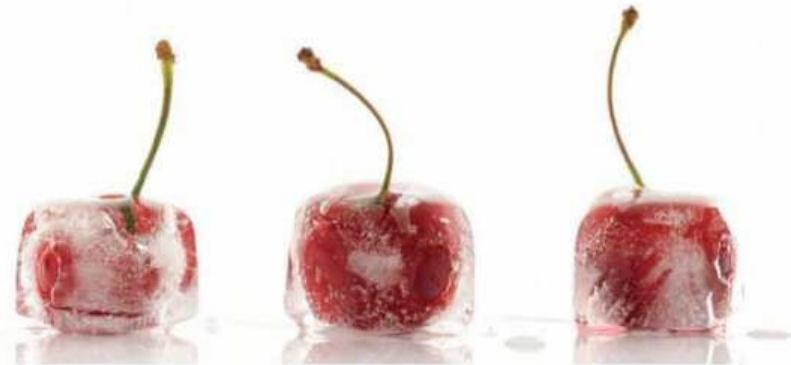
over what's in your box. The more you engage, the better your box – this means you still get a surprise every month, but never a bad one."

The process is easy. Simply visit [goodsnacks.co.za](http://goodsnacks.co.za), select your box, create your profile, select your dietary preferences and make payment, then follow the steps.

## TOMATOES AND POTATOES ARE TOPS

A USDA report has found that tomatoes and potatoes are the fruits and vegetables most favoured by Americans. However, the study has found that much of this consumption is through French fries, chops, pasta sauce and tomato sauce.

Registered dietician Dana Angelo White, commenting on the study, said that eating a limited variety of fruits and veggies is better than nothing, but can make it difficult for people to get enough essential nutrients. Fresh and close to source as possible are the healthiest ways to increase the nutrient intake of your fruit and veggies.



### DID YOU KNOW?

MEATS, VEGETABLES AND READY MEALS CAN BE FROZEN. FREEZING MAINTAINS HIGH STANDARDS OF FRESHNESS AND SAFETY. YOU SHOULD STORE PRODUCTS AT -18°C OR BELOW. FREEZING DOES NOT KILL MICROORGANISMS, BUT WILL KEEP THEM DORMANT UNTIL THE FOOD IS UNFROZEN.

### BRIGHT IDEA:

Warm summer nights encourage outdoor dining. Light your table with Corkbright, which turns your recycled bottles into bright, reusable lamps. Simply charge through the USB port, then pop into your bottles and you have light.



## GREEN SUMMER SMOOTHIE BOWL

Makes 1 generous bowl

Moonbean is a range of handcrafted, raw, plant-based snacks created by local Capetonians Dean and Antoinette. What started in their kitchen has now become a business, with products available nationwide. This gorgeous green bowl is the perfect energising and nourishing start to your day. Don't let the kale scare you. Combined with the rest of the ingredients, this smoothie bowl tastes tropical and fresh.

**To make:** Blend the kale and cashew milk in a blender until smooth, about 30 seconds. Add the frozen bananas, pineapple chunks (and spirulina if you choose to add it) to the kale and cashew milk mix, and blend until it is thick and creamy. Pour your smoothie into a bowl and add toppings as desired. Enjoy! ■

#### Ingredients:

- 1 cup kale
- ½ cup cashew milk (or your favourite non-dairy milk)
- 2 large frozen bananas
- 1 cup chopped pineapple
- 1 tsp spirulina (optional)

#### Toppings:

- Moonbean Unbakery Cacao Superfoods Grawnola
- ½ banana, thinly sliced
- 1 Tbsp chia seeds



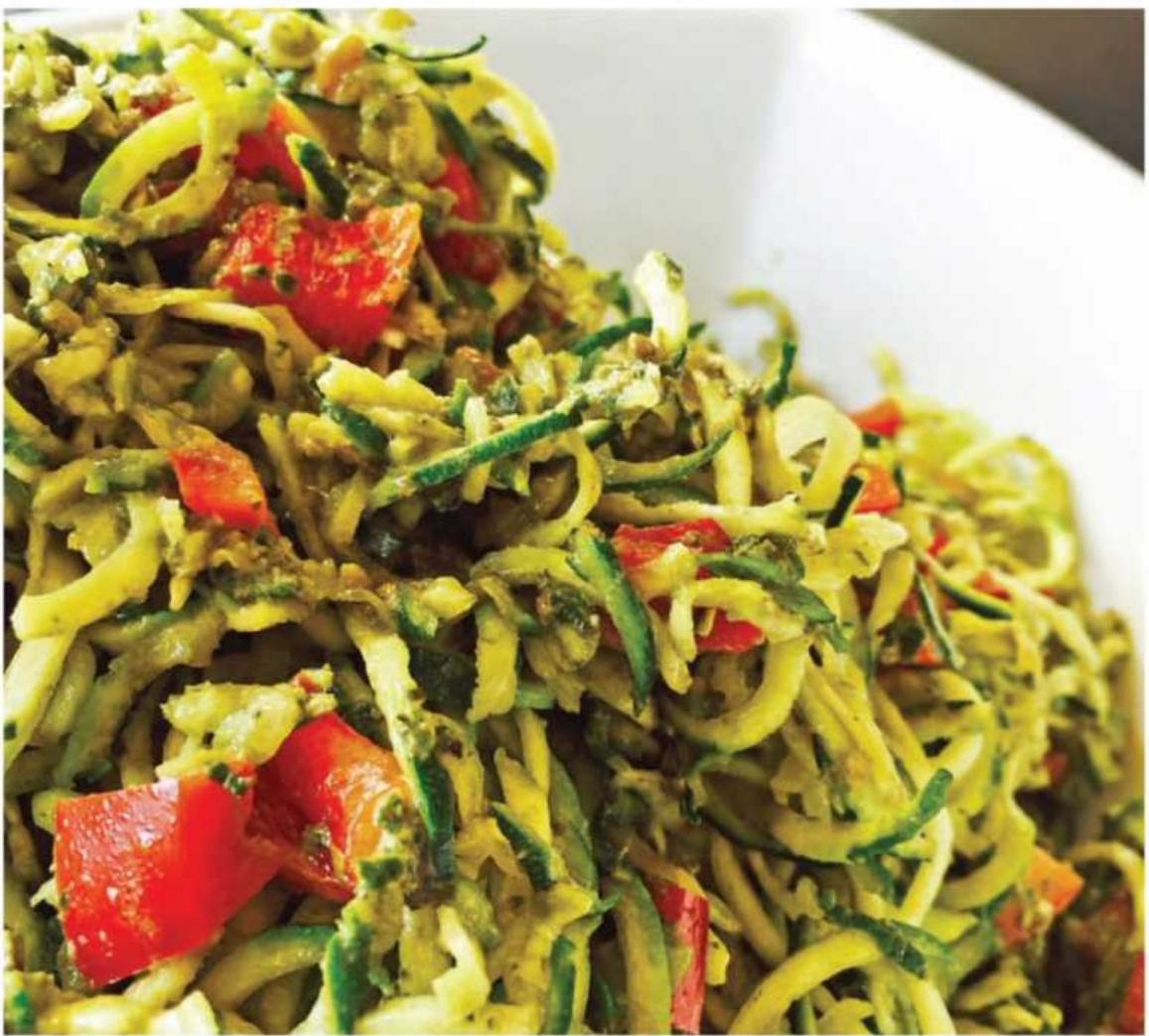
**HEALTHY**  
*recipes*

TIP:  
IF STORED IN  
AN AIRTIGHT  
CONTAINER,  
THEY CAN LAST  
UP TO THREE  
MONTHS.



# Festive fare

NUTRITIONAL CHEF MATTHEW BALLENDEN, OWNER AND FOUNDER OF FRESH EARTH, HAS CREATED A HEALTHY VEGETARIAN FESTIVE MEAL THAT IS BOUND TO IMPRESS YOUR GUESTS



## Activated Nuts

400g mixed raw nuts (such as almonds, macadamias, pecans, brazil nuts and cashews)  
2 tsp seasoning of your choice (mixture of salt, garlic or onion powder, tamari)

Place the nuts in a bowl. Add enough filtered water to cover, and set aside to soak. Hard nuts (almonds, hazelnuts and brazil nuts) need to soak for 12 hours, while softer nuts (cashews, macadamias or pecans) need only four to six hours. After soaking, rinse the nuts under running water. Now shake your choice of seasoning on the rinsed nuts and stir well to coat. Spread the nuts out on dehydrator sheets and dehydrate for about eight hours. The nuts are done when they feel and taste dry.

## Raw Zucchini Pasta Salad

4 baby marrows, ends trimmed and peeled  
6 baby tomatoes, halved  
3 sundried tomatoes, chopped (soaked in water)  
1/4 red pepper, thinly sliced  
3 Tbsp basil and spinach pesto  
5g fresh basil

Use a spiraliser to make the baby marrows into "spaghetti". Add the pesto to the noodles and gently combine. Then add the rehydrated sundried tomatoes. Add the chopped red peppers. Gently combine all of the ingredients. Put in a serving bowl and add the tomatoes. Garnish with fresh basil leaves.



## Zucchini Lasagne

3 medium zucchinis  
1 large onion, chopped  
2 tomatoes, blanched, peeled and chopped  
1 Tbsp fresh oregano, chopped  
1 Tbsp fresh basil, chopped  
1 Tbsp fresh thyme, chopped  
1 clove garlic, crushed  
2 cups button mushrooms, chopped  
2 Tbsp tomato paste  
1 red pepper, chopped  
3 cups spinach, chopped  
2 Tbsp olive oil  
 $\frac{1}{3}$  cup water (white sauce)  
350ml ricotta cheese (white sauce)  
1 egg (white sauce)  
1 Tbsp chopped parsley (white sauce)  
50ml cream (white sauce)  
 $\frac{1}{3}$  cup feta cheese (topping)  
 $\frac{1}{2}$  cup grated mozzarella (topping)  
1 Tbsp grated parmesan (topping)

Cut the zucchini into long, thin strips and place it on a paper towel; sprinkle with salt. Fry the mushrooms and the chopped spinach for 5 minutes, until almost cooked, and set aside. Brown the onions until golden-brown and add the garlic; stir for about 2 minutes. Add the chopped tomatoes, red pepper and chopped basil; stir and let it cook for 10 minutes. Add the spinach, mushrooms, water, oregano, thyme and tomato paste, and stir until well combined. Taste and season with salt and pepper to your liking. Simmer for 5 minutes and remove from heat. Preheat the oven to 180°C. Combine all of the ingredients for the white sauce and give it a good mix. In a deep oven-safe dish, lay a thin layer of the filling, spoon a little of the white sauce over, spread well and lay a layer of the zucchini. Repeat the above process until you scoop the last bit of white sauce over the top. Top with the three cheeses and bake for 30 minutes.



## Cherry Sorbet

900g cherries, stones and stalks removed  
1 cup water  
 $\frac{2}{3}$  cup sugar  
1 tsp fresh lemon juice

In a medium saucepan over medium heat, combine the cherries with the water, sugar and lemon juice, and cook until the cherries are very soft and cooked through, about 10-15 minutes. Remove from heat and let it cool to room temperature, then refrigerate to chill thoroughly. Purée the cherries and their liquid, and put the mixture through a fine sieve. Once the cherry mixture is chilled, freeze until you are ready to serve.

## Apple, Cinnamon & Chia Seed Gluten-Free Muffins

$\frac{1}{2}$  cup gluten-free self-raising flour  
2 tsp ground cinnamon  
1  $\frac{1}{4}$  cups brown sugar  
2 Tbsp ground chia seeds  
2 cups organic milk or rice milk  
1 cup organic vegetable oil  
3 organic eggs, lightly beaten  
2 small pink lady apples  
Warmed honey, to serve (optional)

Preheat oven to 190°C. Grease a 12-hole muffin pan. Combine flour, chia seeds, cinnamon and  $\frac{2}{3}$  cup brown sugar in a bowl. Make a well in the centre; add milk, oil and egg. Using a wooden spoon, stir until just combined. Peel one grated apple into the muffin mixture. Spoon the mixture into the holes of a prepared pan. Core and quarter the remaining apple. Thinly slice and arrange 2 to 3 apple slices on top of each muffin. Sprinkle with remaining brown sugar. Bake for 20 to 25 minutes or until golden-brown. Stand in the pan for 5 minutes, then transfer to a wire rack to cool. Serve drizzled with honey. ■



A collage of three women smiling and holding glasses of beer. One woman is in the foreground on the left, another is in the middle, and a third is partially visible on the right. They appear to be at an outdoor event.

# NUTRITION *trend*

BY KIM BELL

## THE SURPRISING HEALTH BENEFITS OF (MODERATE) ALCOHOL INTAKE

*cheers*  
TO THAT



**DID YOU KNOW?**  
**Moderate alcohol intake is no more than two to three units daily for women, and three to four units for men.**

**A**s we head to the end of the year, it's likely we'll be letting our hair down and enjoying a drink or two with family and friends. And while binge-drinking is never okay, you may be surprised to know that (moderate) alcohol intake can be beneficial to your health.

#### **MODERATE DRINKING CAN HELP TO REDUCE YOUR RISK OF TYPE-2 DIABETES**

A 2005 Dutch study that looked at 369 862 people over 12 years found that moderate drinkers are at a 30% lower risk of developing Type-2 Diabetes. The researchers, from VU University Medical Centre in Amsterdam, found that "moderate alcohol consumption can play a part in a healthy lifestyle to help reduce the risk of developing diabetes Type-2".

#### **ALCOHOL ASSOCIATED WITH LONGEVITY**

A study published in the 2010 journal *Alcoholism: Clinical and Experimental Research* found that those who drank in moderation were likely to live longer than those who abstained. The study looked at 1 824 people over a 20-year period and found that 69% of those who didn't drink died during the period, compared to the 41% of moderate drinkers. The reasoning, explained lead researcher Charles Holahan, was that those who had the occasional drink were more likely to be more social, and have higher income and education levels.

#### **HOWEVER... ALCOHOL CAN MAKE YOU CONSUME 30% MORE FOOD THAN USUAL**

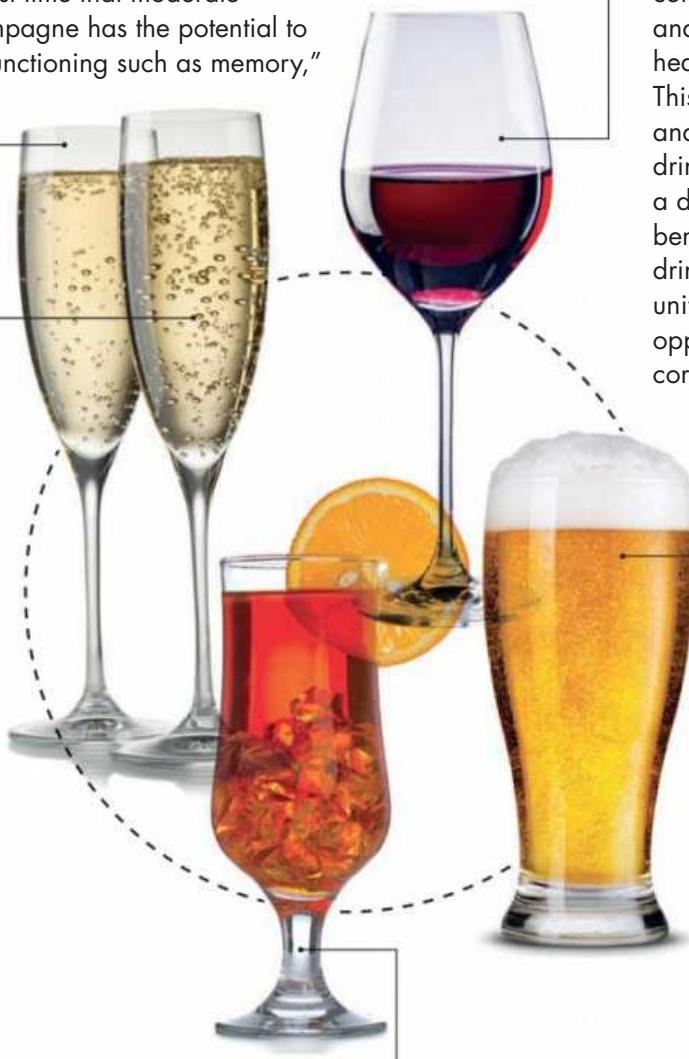
Research published in *Obesity* found that being "mildly intoxicated" can make a woman's brain more sensitive to food aromas. The research found that smelling food increased brain activity in the hypothalamus. This area of the brain is composed of a number of different clusters of cells – some of these increase how much we eat, while others decrease how much we eat. This area in the brain is believed to play a role in how alcohol alters our reaction to food and why we are more likely to be tempted to eat more.

## CHAMPAGNE MAY IMPROVE MEMORY

Dr Jeremy Spencer from Reading University in the UK gave rats champagne every day for six weeks, and then had them complete a maze. Without the champagne they had a success rate of around 50%, which increased to 70% after the drink. "The research is exciting, because it illustrates for the first time that moderate consumption of champagne has the potential to influence cognitive functioning such as memory," reported Spencer.

## BUBBLY IS GOOD FOR YOUR HEART

Another study conducted by Spencer found that sparkling wine contains high levels of polyphenols (antioxidants found in grapes) that help to lower blood pressure and reduce the risk of heart problems. Spencer noted: "We have found that a couple of glasses a day has a beneficial effect on the wall of blood vessels, which suggests champagne has the potential to reduce strokes and heart disease."



## NEW TREND: ROOIBOS-INFUSED COCKTAILS

Rooibos, the South African superfood, has been hailed by international mixologists as this season's favourite cocktail mixer. Ernest du Toit, spokesperson of the SA Rooibos Council (SARC), explains that, given the fresh, full and natural flavour profile of rooibos, you don't need a lot of different ingredients to achieve the perfect cocktail indulgence. "Rooibos tea is an easy and effective way to boost any cocktail. Subtleties of rooibos tea play well off vodka, and specifically gin, since the latter has a lot of the same characteristics as the tea," he says.

Often cocktails are laden with calories – however, rooibos, says Du Toit, contains no fat or carbohydrates, which makes this a weight-conscious choice. Plus, rooibos contains disease-preventing antioxidants that help to protect against cancer, heart disease and even stroke.

## RED WINE IS GOOD FOR YOUR HEART

Prof Roger Corder, author of *The Wine Diet*, believes red wine can have a positive effect on your heart, provided it is consumed in moderation, and in conjunction with a healthy diet and lifestyle. This is due to polyphenols and resveratrol. And while drinking around 2,5 units a day has heart-healthy benefits, on the flipside, drinking eight or more units a day could have the opposite effect, causing coronary disease.

## BEER INCREASES YOUR INTAKE OF PROTEIN, B VITAMINS AND ANTIOXIDANTS

Ashleigh Caradas, a dietician in private practice in Johannesburg, says beer contains more protein and B vitamins than wine. She quotes a 2001 antioxidant food review that found that beer contains double the number of antioxidants as white wine, but half of that of red wine. Antioxidants found in beer are different, as the hops and barley used in the production of beer contain flavonoids different from those found in grapes.



### ROOIBOS TEA PUNCH

500ml strong rooibos tea, cooled  
500ml peach juice  
100ml vodka  
1 lemon, thinly sliced  
Handful of fresh mint leaves  
2 peaches, thinly sliced

#### TO MAKE:

Combine all of the ingredients in a large jug and stir well. Serve chilled over ice.



### FIRE AND SPICE TEA COCKTAIL

3 cups boiling water  
2 Tbsp rooibos chai tea  
1 cup cranberry juice  
120ml vodka  
30ml Limoncello  
Cranberries and thinly sliced lemons (for garnish)

#### TO MAKE:

Pour 3 cups of boiling water over 2 Tbsp rooibos chai tea. Steep for 10 minutes before straining. Refrigerate until cold. (Should you wish to chill instantly, brew the tea in 1½ cups water and strain over 1½ cups ice.) Combine the tea with the chilled cranberry juice, vodka and Limoncello. Shake over ice. Serve well-chilled in martini glasses, champagne flutes or short tumblers. Garnish with the cranberries and lemon slices. ■

# SUBSCRIBE TO **longevity** AND YOU COULD **WIN**

*one of 9 TheraVine™ hampers  
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In today's lifestyle, the first signs of aging can appear from as early as the late 20s. Advanced signs of aging are however what we fear the most, as their existence can dramatically change not only what we look like, but also how we feel about ourselves. This premium product selection trio will help to optimise natural repair processes in the skin and keep collagen structures supported, thereby providing an efficient treatment solution for both young and mature skins.

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# FITNESS DOSSIER

TIPS, NEWS, VIEWS AND PRODUCTS

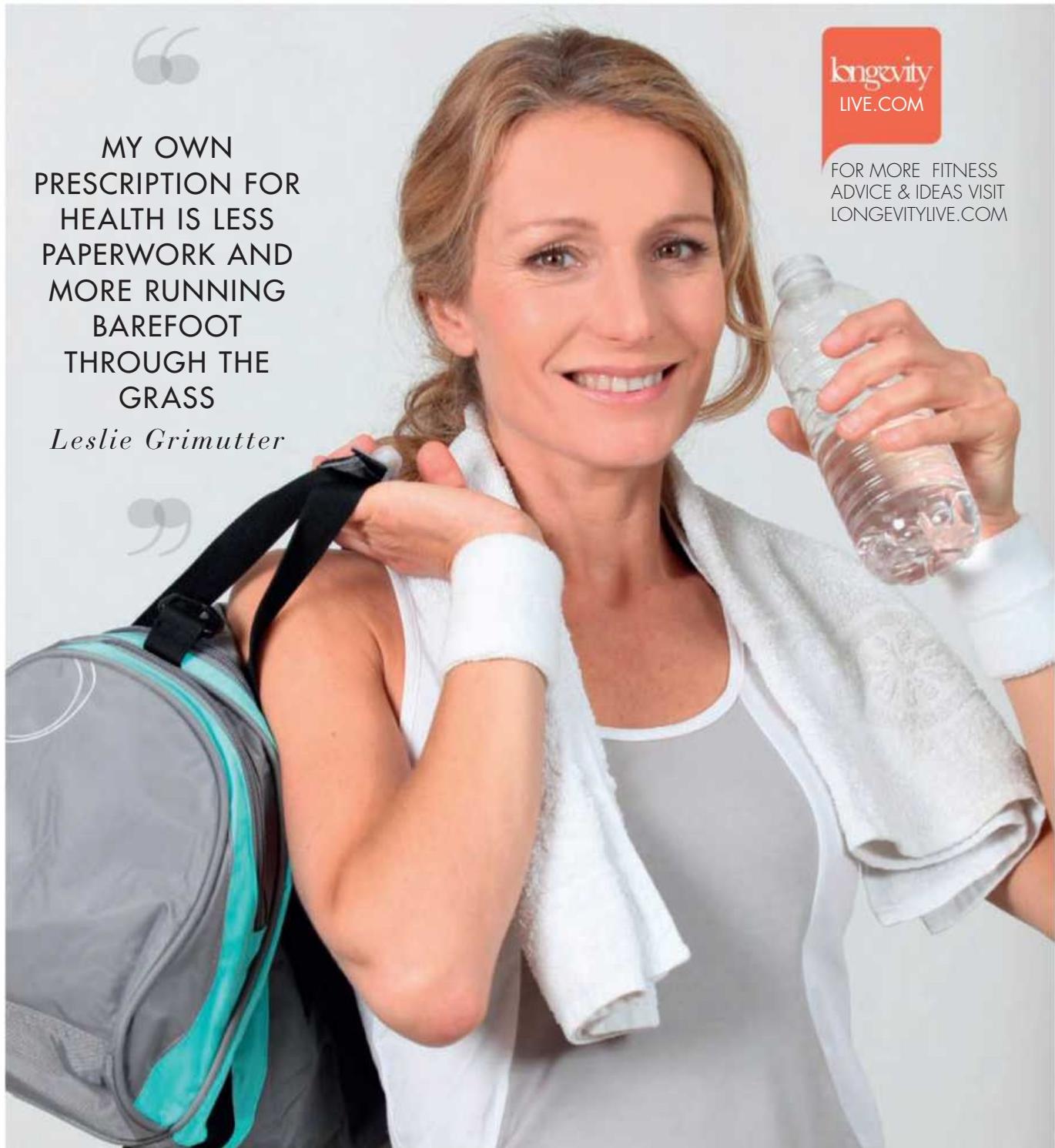
COMPILED BY KIM BELL

“  
MY OWN  
PRESCRIPTION FOR  
HEALTH IS LESS  
PAPERWORK AND  
MORE RUNNING  
BAREFOOT  
THROUGH THE  
GRASS

*Leslie Grimutter*

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# happy HOLIDAYS

Salochanee Reddy, holistic life practitioner and founder of the Equilibrium Wellbeing Centre in Johannesburg, says being active and happy go hand-in-hand. "It's normal to eat more during the holidays, but be aware of how certain foods affect your mood. If you eat fats and sweets, you have less energy, which can make you feel more stressed and run-down."

Reddy adds that it can be helpful to take a walk before and/or after a big holiday meal. "In the midst of chaos and endless to-do lists, it's important to find ways to lower your stress level and take care of yourself. A key way to destress is to exercise; you need to release those endorphins. Don't let the holidays be an excuse to skip exercise. Let it be the opposite – an excuse to exercise."

A KEY WAY TO  
DESTRESS IS TO  
EXERCISE; YOU NEED  
TO RELEASE THOSE  
ENDORPHINS

She explains that endorphins are released during prolonged physical activity; these brain chemicals act as natural pain and stress-relievers. "Endorphins also help to regulate appetite, release sex hormones and boost the immune system. All of these can be valuable during the busy holiday season. Even if you don't observe the holidays and, therefore, don't feel any extra pressure, exercise should be a part of your healthy lifestyle." ■

# KICKSTART YOUR SUMMER

More than 61% of the South African population is overweight or obese, according to a report published by *The Lancet* medical journal, which also indicates that South Africa has the highest obesity rate in sub-Saharan Africa.

Research reveals that South Africans need to consider making effective lifestyle changes in order to maintain a healthier life, says Dr Dominique Stott, executive for medical standards and services at PPS. She adds that these obesity levels indicate that South Africans are not heeding the warnings provided by the medical community. "Unless the majority of the population is willing to make lifestyle changes where necessary, there is going to be a substantial increase in morbidity and mortality rates due to poor health caused by lifestyle-related diseases."

While there might be no certain way to guarantee a longer life, by following the basic guidelines of not smoking, consuming alcohol in moderation, doing some form of exercise at least three times a week, and cutting down on fatty foods and sugar, one can improve one's health. Stott recommends that individuals calculate their recommended daily kilojoule intake in order to ensure that they are not overeating.

"An easy way to calculate one's recommended daily kilojoule intake is to take one's desired weight



in kilograms and multiply this number by 22 for sedentary people, by 26 for active and by 30 for very active people. As most store-bought foods indicate nutritional information and values on their labels, it is relatively easy to ensure that one does not consume too many kilojoules on a daily basis."

Rather than trying to do everything at once, one should implement incremental changes into one's daily routines to ensure success, advises Stott. "For example, one can start off by taking a brisk walk twice a week; the walk will turn into a short run and, over a period of time, eventually one will be able to increase the distance and the times and frequency of the run. It is easier for most people to start small and work their way up."

By following this approach, Stott believes people won't get as easily discouraged if they can't manage a full initial exercise programme. "In addition, by taking up an exercise that suits their lifestyle, they can keep it up over time, and continue with their training programme and eating plan." ■





## MAKE A DATE

Speedo SA has launched a comprehensive local swim calendar that lists most major swims, triathlons and lifesaving events, and allows organisers to register and update event details. Visit [www.speedoswimcalendar.co.za](http://www.speedoswimcalendar.co.za) for full details.

"This calendar is hugely beneficial to both swimmers and administrators, and is aimed at encouraging people to swim. Research shows swimming is one of the best ways to get fit, burns more calories than most sports, and impacts more gently on the body than running or a gym workout," says Stuart Hopwood, brand president of Speedo SA.



**FAST FACT:**  
THE AMERICAN COLLEGE OF SPORTS MEDICINE REPORTS THAT WEARABLE TECHNOLOGY AND FITNESS TRACKERS WILL CONTINUE TO BE THE NO 1 FITNESS TREND IN 2016.



## PROTECT YOUR EYES

Just as you wear sunscreen daily, so should you ensure that your eyes are protected. Maui Jim sunglasses have been awarded the Seal of Recommendation from the Skin Cancer Foundation, in recognition that the lenses provide safe and effective sun protection, and are an important part of an effective defence programme against skin cancers of the eye and eyelid.

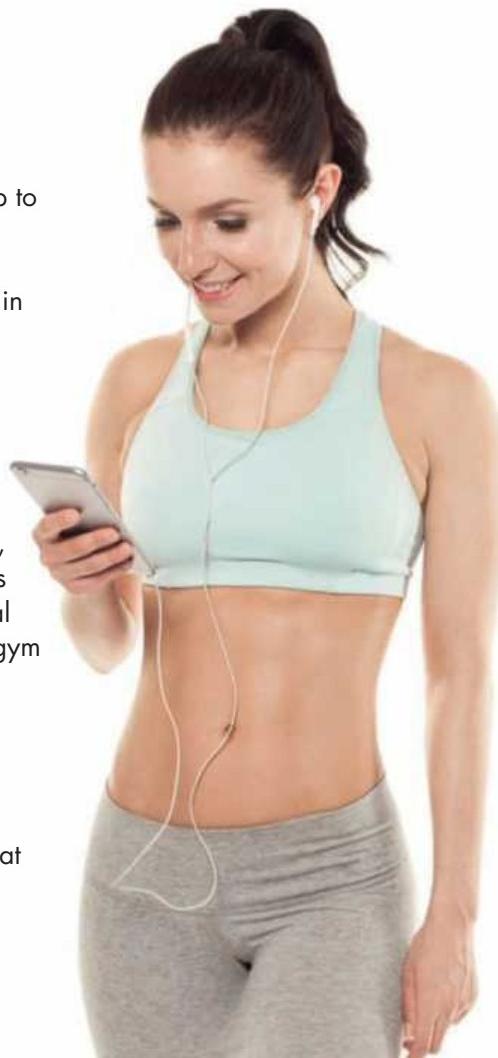
The River Jetty range of sunnies have rimless, lightweight, hybrid-injected polycarbonate lenses to withstand rugged activities. River Jetty comes in Gloss Black or Blue with Neutral Grey lenses for optimal protection during bright, sunny days; Rootbeer with HCL Bronze lenses for variable light conditions; or Translucent Matte Grey with Maui HT lenses for times when other lenses would be too dark.

## APP FOR FITNESS

FitKey is a fitness app in the form of a monthly membership to gyms and fitness studios.

For R495 a month, you get access to hundreds of classes in yoga, circuit training, pilates, CrossFit, boxing, dance and more. Members can take up to three classes per month at each studio. So, in essence, you can visit a new studio for a different exercise every day, should you wish, which makes it a lot cheaper than individual classes at a studio or even a gym membership.

FitKey also doesn't require any long-term commitment, which means you can join for only a month, if you want to, and cancel your membership at the end of it. Visit [www.fitkey.co.za](http://www.fitkey.co.za) for more information.



## SAFE RIDING

Garmin has launched the Varia line of smart cycling devices, including a rear-view bike radar and smart bike lights, to create a safer environment for cyclists.

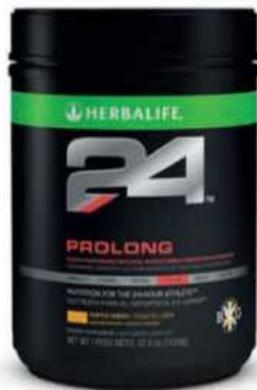
The rear-view bike radar warns cyclists of vehicles approaching from behind, from up to 140m away, while the bike lights automatically adjust to changing conditions, as well as the speed of the cyclist. Both devices can work independently or integrate with each other and the compatible Edge cycle computers.

The Varia radar tail light is available for R2 699, or R3 899 when bundled with the radar display unit. The Varia smart bike lights are available for R2 999 (headlight) and R999 (tail light).



## FEET UP

Your feet take a knock during the year, particularly if you are a runner or a cyclist (or even a yogi). Skin Republic's Foot Active foot mask has two layers – the inner layer contains the serum, while the other layer remains dry. It contains 22 plant extracts, which help to revive and refresh tired feet. Peppermint, avocado and tea tree soothe irritated and inflamed skin. Argan oil, collagen and vitamin E deeply moisturise, softening rough, dry feet. Mint, eucalyptus and thyme promote circulation and deodorise. ■



## BOOST FOR SPORTS

Herbalife24 Prolong has been developed by sports nutrition experts. The isotonic drink combines dual-sourced carbohydrates and whey protein isolate, for use during intense or extensive exercise.

Enriched with vitamin C and B vitamins, this sports drink contains no artificial colours, flavours or sweeteners. It is perfect for triathletes completing a combined bike-to-run workout or on race day, cyclists on a four-hour training ride, swimmers completing a morning workout, soccer players training, or working professionals with physically demanding job requirements.

Visit [www.herbalife.co.za](http://www.herbalife.co.za) to find a distributor near you.

# FITNESS workout

BY TYRONE WESSELS

## keep FAB & FIT



**ABOUT TYRONE WESSELS:**  
Tyrone Wessels is a passionate health and fitness and karate enthusiast, a qualified personal trainer and a Power Yoga instructor with [www.yogarenew.co.za](http://www.yogarenew.co.za).

DRESSED BY REEBOK

HERE'S A WORKOUT PLAN TO KEEP YOU MOTIVATED – WHEREVER YOU MAY BE THESE HOLIDAYS

It's easy, as you head to holiday time, to consider shelving your fitness plan. However, this is the best time to keep active and motivated, and to maintain your fitness for the year ahead. You may even see this period as an opportunity to tend to your fitness, and therefore actually grow.

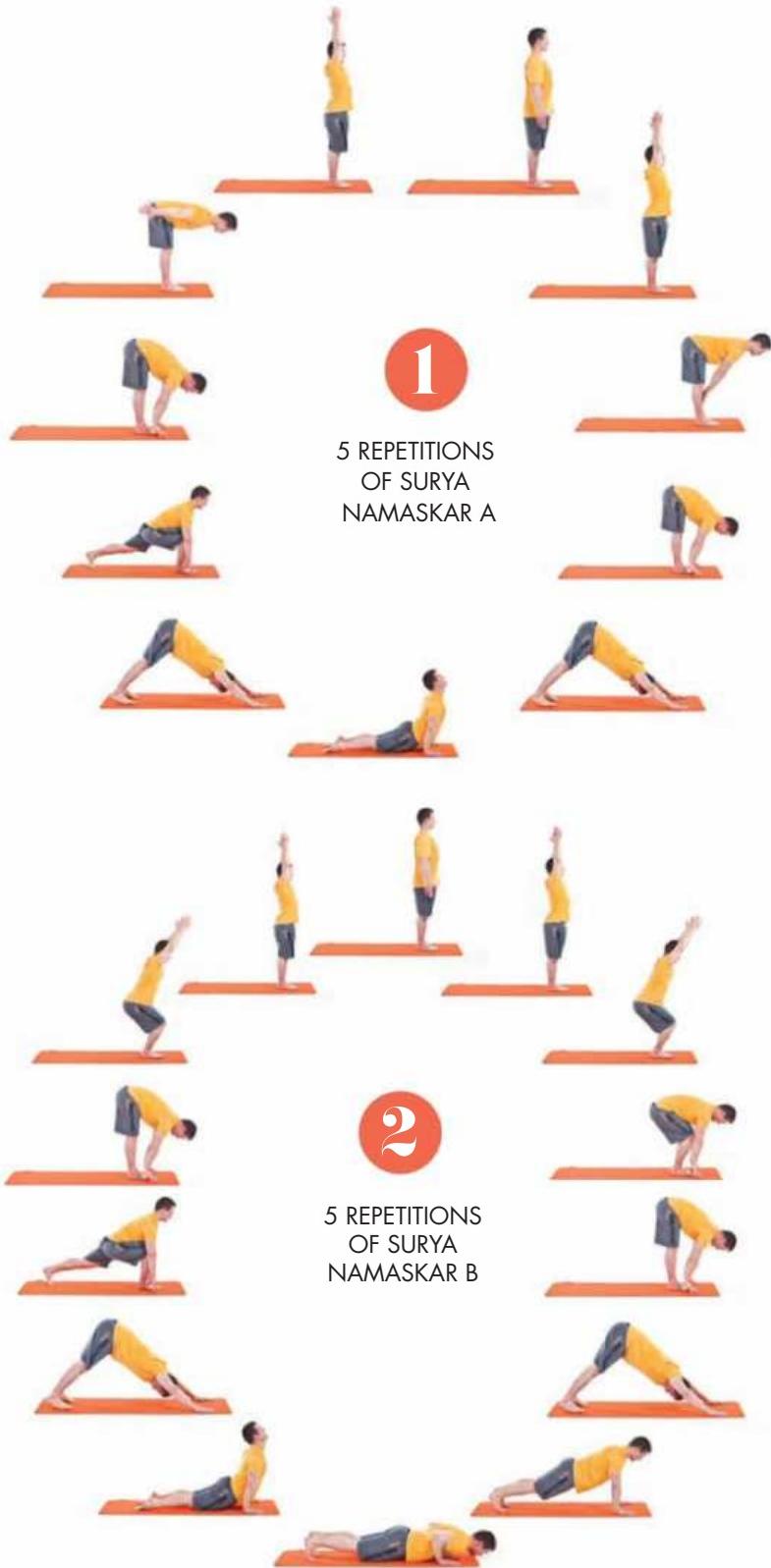
The idea is to make exercise a part of your daily holiday programme, as opposed to simply fitting it into your busy schedule as and when you can.

If you need a restorative holiday away from the grind and stress of daily living, I encourage you to seek out a yoga studio nearby. You will be surprised at how many may be operating in your immediate vicinity, with affordable rates and flexible class times. Some are even connected to a spa.

The point is that fitness can be enjoyed wherever you find yourself this holiday season. So, take a proactive stance this holiday; plan, choose healthily and, most of all, have fun!

# YOUR HOLIDAY WORKOUT:

This workout aims to provide basic principles that aid you in general physical maintenance, particularly if you are away at this time.



## POST-WORKOUT SHAKE:

This delicious shake is a great way to make sure you are getting the right nutrients. Simply add the following and blend:

- Whey protein powder (any flavour)
- Full-cream milk or coconut milk
- Half a banana
- Small serving of almonds
- Dash of cinnamon
- Few drops of vanilla essence
- Couple of ice cubes





**3**

4 SETS OF 12 PER EACH ARM OF STANDING SINGLE OVERHEAD ELASTIC TRICEP EXTENSIONS



**4**

4 SETS OF 12 OF STANDING BENT-OVER ELASTIC REVERSE FLYS



**5**

4 SETS OF 12 OF ELASTIC CONCENTRATION CURLS (BE SURE TO USE GLOVES, AS THE ELASTICS CAN SHIFT)

## EAT WELL

Fitness and nutrition go hand-in-hand. Here are the basic nutritional principles to abide by:

### 1. PROTEIN

This macronutrient is often forgotten, and it's honestly essential to maintaining lean muscle mass. Always invest in quality protein such as chicken breasts, lean meat cuts, mince meat, local fish, milk, yoghurt, cheeses and eggs. If you are vegetarian, lentils, legumes and quinoa will be great choices.



### 2. STARCHY CARBOHYDRATES

This is an often-overconsumed macronutrient, typically in the form of simple sugars. What we are looking for are slow-burning carbohydrates; grains such as brown rice, basmati rice, buckwheat and oats are all prime examples. Buy them in bulk, as it's obviously cheaper and they are great additions to a wide variety of meals. If you are a pasta or fruit fanatic, by all means purchase these, but ensure your intake is within reason.



### 3. FIBROUS CARBOHYDRATES

Overseas markets are generally known for high prices when it comes to fresh produce, but don't let that stop you! Vegetables are high in fibre. Be sure to purchase a wide variety of colours to ensure a balanced intake of required nutrients.



### 4. FATS AND OILS

These are the highest in calories per gram, but are packed with health benefits. The best choices for dressings are extra virgin olive oil and grape seed oil. The best choice for cooking/frying is coconut oil, as it has a very high smoke point. ■

CLITORAL STIMULANT



## Hits the OMG spot

A sexual stimulant with Visnadine 0.75% w/w as the active ingredient in a unique patented formulation.<sup>1</sup>



- Stimulates external female genitalia (clitoris and labia minora) for a pleasurable sexual experience<sup>1</sup>
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Reference: 1. Evarmiles™ Gel leaflet. 2. [www.dreve.co.za](http://www.dreve.co.za)

**Evarmiles**<sup>TM</sup>  
enhance intimacy

**WE**  
*tried it*

OUR LONGEVITY TEAM HAS TESTED A RANGE OF PRODUCTS, GIVING YOU FEEDBACK ON THEIR EXPERIENCES, SO YOU CAN MAKE AN INFORMED DECISION. VISIT [WWW.LONGEVITYLIVE.COM](http://WWW.LONGEVITYLIVE.COM) FOR THE FULL REVIEWS



**PLUS THREE LUCKY READERS CAN WIN THIS ULTIMATE EXPERIENCE**

## LONGEVITY PROMOTION



**CARIBBEAN TAN:** Caribbean Tan Sunless Tanning is an innovative concept in the application of sunless tanning. No more streaky mess, orange palms, or dirty knees and elbows!



### VITA COCO:

Vita Coco is based on one single ingredient: fresh, natural coconut water. It contains naturally occurring potassium and essential electrolytes.



**DAX MARTIN SWIMWEAR:** Is known for luxurious, perfectly fitting swimwear. Trendy prints and bespoke measurements will make this swimwear a standout this summer.

### FEEDBACK FROM THE TEAM:



#### FAY GRAHAM-PARKER SALES AND ADMIN MANAGER

The ideal product to use if you need to have a quick solution to even out your tan for a strapless dress. After just three applications you can see a difference.



#### LOUISE BIRKNER BUSINESS MANAGER

Here is a quick fix, which is by far the safest and healthiest way of transforming my winter body from "poorly pale" to "perfectly bronzed".



#### SUSAN GRAY ART DIRECTOR

The Caribbean Tan Bronzing Mousse has really helped me to even out my tan lines and to be ready for summer.

### FEEDBACK FROM THE TEAM:



#### SAVANNAH FREEMANTLE WRITER

The lemon flavour is absolutely delicious and will go down a hit with anyone who loves a sour taste. Swap out your regular choice for a far healthier and equally tasty option; it really does hit that spot!



#### CHARLENE DICKSON SALES

As an advocate of health, I checked the ingredients. Lots of coconut water, some fruit juice, and in two flavours a touch of fructose. This drink fits the health bill!



#### JESS FAIRMAN SALES

100% natural, free of preservatives and colorants – coconut water is packed with nutrients, it's full of electrolytes, great for the skin and low in calories.

### FEEDBACK FROM THE TEAM:



#### JOANNE WATSON MARKETING

The Nautical Shwe Shwe print is chic, trendy and yet so different. The style of the costume is comfortable and allows you to be active and move freely in the sea, without worrying about your top.



#### KIM BELL MANAGING EDITOR

I love the funky designs and prints. Your exact measurements are taken, and you can choose the most flattering fit for your body shape.



#### AYANDA MOLEFE MARKETING

After the Rain bikini padded twist top and high waist bottom gets an A+ in style. It has me swooning over its cleverly curvy construction.

# WIN

THREE READERS STAND A CHANCE TO WIN PRODUCTS FROM  
**CARIBBEAN TAN, VITA COCO AND DAX MARTIN SWIMWEAR.**  
TO ENTER, VISIT OUR WEBSITE [WWW.LONGEVITYLIVE.COM](http://WWW.LONGEVITYLIVE.COM)

MUSIC INSPIRED BY THE STARS.

A close-up, black and white portrait of Enya. She has dark hair with bangs and is resting her chin on her hand, looking thoughtfully off-camera. The background is a dark, star-filled space.

enya

D A R K   S K Y   I S L A N D

THE NEW ALBUM



ENYA.COM

# TIME OUT

PLACES TO GO, THINGS TO DO, PEOPLE TO MEET



## TREAT YOURSELF

### Restaurant Mosaic

**The Orient Private Hotel, Francolin**

**Conservation Area, Gauteng**

**012 371 2902/3/4/5**

**reservations@restaurantmosaic.com**

**www.restaurantmosaic.com**

Mosaic was recently named Restaurant of the Year at the Restaurant Association of South Africa (Rasa) Rosetta Awards this week. It also won the Chairman's Award as well as the Best Elegant Dining Award. Says Rasa CEO Wendy Alberts: "The Chairman's Award is an exclusive award not given every year and only awarded to restaurants that have qualified to an international standard." She continued: "We are delighted to name Mosaic as the Best Restaurant in South Africa and recognise chef Chantel Dartnall for her innovation and for giving diners an unforgettable gastronomical experience. Mosaic is both spectacular and brilliant, and is in a class of its own." Dartnall is known for producing nuanced, nature-inspired food to rival the best of French fine dining. She believes it is vital to serve visually appealing dishes that tell a story and start stimulating the diners' senses from the moment the food arrives at the table. The restaurant changes its menu quarterly to reflect the changing seasons.

# REVIEWS

## LISTEN TO...

**MEMORY MAKER:** Adele is one of the most transcendent voices in music, and if you enjoy *Hello*, you will love 25. "This is my make-up record: making up for lost time. Making up for everything I ever did and never did. 25 is about getting to know who I've become without realising."

**COUNTRY LOVERS:** Steve Hofmeyer has just released a collection of what he considers 15 of the most beautiful country songs. *IF YOU COULD READ MY MIND* includes a beautiful adaptation of *Teach Your Children*, on which Hofmeyer collaborated with Coleske brothers Ewald and Arnold.



## DVD PICK ...

### **THAT SUGAR FILM**

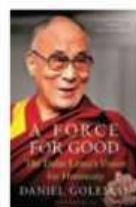
One man's journey to discover the bitter truth about sugar. Damon Gameau sets out to document the effects of a high-sugar diet on a healthy body, consuming only foods that are commonly perceived as healthy. Entertaining and informative, this movie will challenge the way you think about so-called "healthy" food.

## OUR PICKS OF THE MONTH



### **Death By Carbs**

**Gareth Crocker**  
It had to happen – Paige Nick has taken the Banting revolution to new heights in this delightful novel about, well, the banting lifestyle. And in good spirits, banting guru Prof Tim Noakes allows his character to be killed off in this murder mystery. As the suspects' (and there are many of them) lives intertwine, and motives become clearer, poor detective Bennie September has his work cut out for him



### **A Force For Good**

**The Dalai Lama's Vision for Our World**  
**Daniel Goleman**  
Now in his 80s, the Dalai Lama has built up a wealth of knowledge of the world we live in today, having travelled extensively. In this unique manifesto, he presents us with a perspective that can bring hope to millions, will endure past just today, and has the potential to reshape humanity as we know it. Life lessons for everyone, particularly in today's climate.



### **The Sunday Times Big Pub Quiz Book**

**Larry Benjamin**  
Here is the perfect holiday book or stocking filler. Considered to be the only South African quiz book on the market, it covers numerous trivia questions to put you to the test. Great fun for a night with friends, or to entertain on a long car trip.



### **Why We Do the Things We Do**

**Joel Levy**  
Here is psychology in a nutshell, as Joel Levy unlocks important studies and theories in an uncomplicated way. This book appeals to anyone who really wants to understand how the mind works, and how to interact with your world in a more perceptive manner.

## BOOK THE DATE:

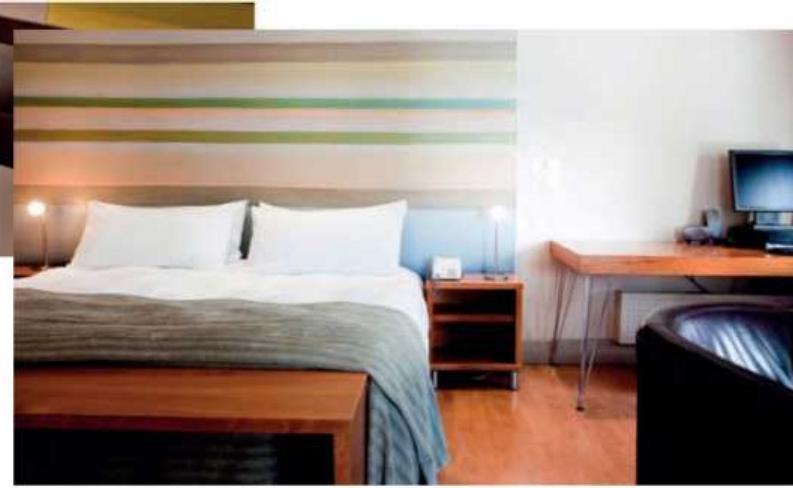
### **NEW YEAR'S EVE: GRANDE PROVENCE, FRANSCHHOEK, WESTERN CAPE**

Executive chef Darren Badenhorst has put together an outstanding selection of dishes to add festive cheer, with his signature twist on dishes bursting with flavour to create an unforgettable experience. The luxury buffet menu for New Year's Eve lives up to its name, with offerings such as balsamic caviar and crab and tiger prawn cocktail, to a live action Mediterranean seafood station and slow-braised Karoo lamb neck. Finish off with a treasure trove of desserts. R1 450 per person. Booking essential: 021 876 8600 or email restaurant@grandeprovence.co.za. ■



## WE TRIED IT

FIND YOURSELF IN THE HUB OF CAPE TOWN'S CAFÉ CULTURE (AND JUST ABOUT FIVE MINUTES FROM EVERYTHING AND EVERYWHERE ELSE!) WHEN STAYING AT THIS HIP BOUTIQUE HOTEL.



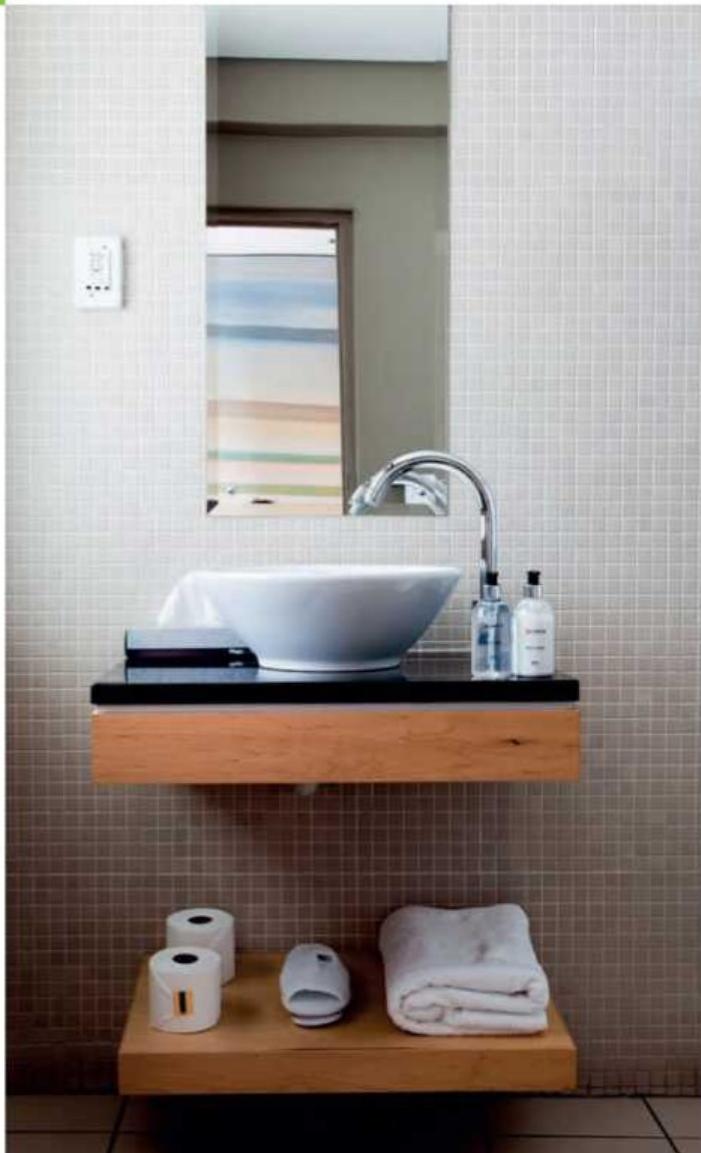
# HIP & *trendy* **CAPE** stay



Hippo Boutique Hotel has 20 spacious standard rooms and five designer executive suites (double-volume lofts with bedroom / bathroom on a mezzanine level). The rooms are en-suite, air-conditioned and come equipped with king-size beds covered in fine cotton linen. (Two single beds also an option, should you wish to share a room but not the bed!) The stainless steel kitchenette (equipped with microwave, filter-coffee machine and fully stocked mini-bar) comes in very handy for that late-night snack or early-morning coffee, neatly tucked away behind the cherry-wood sliding doors...

Being a four-star graded hotel, there is no need to remind you of all the standard items you can expect (from electronic safe to hairdryer to the hip-branded umbrellas). However, you can also enjoy complimentary internet and off-street parking.

There are three excellent restaurants on the ground floor, all opening onto a veranda where you can breakfast at leisure (served all day, until 6pm!).



or enjoy a late afternoon cocktail. Make sure you stay long enough to enjoy the different cuisines dished up by their experienced chefs: Jerry's not only serves breakfast, but also one of the best burgers in the Mother City – voted by Capetonians themselves. Then there is Fat Cactus, offering Mexican food and tequilas that will keep you going back for more. And last but not least: Simply Asia, for the best Thai food in town.

Probably the most unique offering is being able to choose from four popular breakfast spots in the area. The boutique hotel has teamed up with some local businesses on trendy Kloof Street to make your morning breakfast that much more exciting. You have the choice of enjoying a different breakfast spot each morning – such as Jerry's, Molten toffee, Chalk & Cork and Vovo Telo Bakery.

The friendly hotel staff will happily assist you round the clock with any queries you might have – from booking a trip to the beautiful Western Cape wine farms

(only 30 minutes away) or recommending a spa treatment at the popular Wellness Warehouse, situated right next door. Even the mundane tasks, eg arranging laundry or airport transfers, are taken care of with a smile.

Whether you have your own transport (securely parked on the hotel's premises) or need to make use of the taxi service, you'll find yourself a couple of kilometres of the foot of the famous Table Mountain or in the heart of the buzzing Waterfront. The white beaches of Clifton and Camps Bay are a short drive from there, and for those wanting to venture a bit further, don't miss out on a scenic drive to Cape Point. The ideal venue to stay during your next Cape Town trip. ■

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**Hippo Boutique Hotel**  
**9 Park Road, Cape Town.**  
**Tel: 021 423 2500 Web: [www.hippotique.co.za](http://www.hippotique.co.za)**

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# TRAVEL *destinations*

BY SAVANNAH FREEMANTLE AND KHEYRNE DANU

# *healthy* HOLIDAYS

BECOME A TOURIST IN YOUR OWN BACKYARD – WE HAVE FOUND THE HEALTHIEST PLACES FOR EATING OUT, AND EXCITING THINGS FOR YOU TO DO WITH YOUR FAMILY THIS SUMMER





# EAT OUT:

## Western Cape:

1. *Dear Me* – To be found in the heart of Cape Town, it offers mouthwatering locally grown, honest food.
2. *Chardonnay Deli* – This is an organic eatery, shop and bakery in Constantia Nek, offering a variety of healthy and scrumptious dishes to satisfy every palate.
3. *Blue Water Café* – The Blue Water Café is situated at Imhoff Farm, Kommetjie. Drink in the view over the wetlands, while feasting on one of many hearty, healthy meals.
4. *Eight* – This is a true farm-to-table experience, situated on Spier wine farm in Stellenbosch, offering the highest-quality, naturally grown taste sensations.

## Eastern Cape:

1. *Butterfly's Bistro* – Located in Hogsback and nestled under a majestic oak tree, this quirky restaurant offers wholesome homemade food, with vegetarian and vegan dishes. The staff is very accommodating in creating dishes according to your health requests.
2. *Flava Burst Health Bar* – The motto for this restaurant, in Beacon Bay in East London, is that we owe it to ourselves to be healthy. However, it does not believe this should be at the expense of enjoying our food. Vegan offerings include Thai curry green, Thai curry red, Mediterranean wrap, salad and sandwich, the bean veg chilli wrap and sandwich, and an assortment of muffins.



## Limpopo:

1. **The Cotton Club** – Located on a silk farm in Hoedspruit, this small restaurant offers freshly made, healthy food. The portions are optimally sized, with health in mind, and there are vegetarian options available. The restaurant boasts breathtaking views and is surrounded by unique local shops, where you can pick up a number of fascinating souvenirs and view an antique car collection.



## Free State:

1. **Living Life Station Café** – If you're in Ladybrand, you'll experience a tribute to South African living. It boasts local milled organic flour that is kneaded each day into bread; the salad ingredients are grown in the vegetable patch behind the railway shed; fruit, berries and eggs are delivered from a local farmer daily; and pumped water comes clear from a local farm spring. There is also an on-site craft market that is perfect for a lazy post-meal stroll.

## Gauteng:



1. **Café Zing** – In Sandton and Menlyn, Café Zing has a selection of mouthwatering food for the health-conscious. It offers grass-fed and hormone-free red meat, raw honey, free-range chicken, organic veggies, organic wheat-free noodles, gluten and sugar-free biscuits, hormone-free milk and yoghurt, organic and fair-trade teas and coffees, non-irradiated herbs and spices, and, best of all, no preservatives or additives. It even features specifically designed fitness meals.
2. **Fresh Earth Food Store** – Located in Emmarentia, it is vegetarian and vegan-friendly, and offers a selection of gluten-free and natural goodies from its bakery, a great way to treat the kids, or a healthy stop on your way out for a day of fun at Emmarentia dam. While you are there, browse the organic food shelves and get in a little healthy grocery shopping.
3. **Fruits & Roots** – This natural and organic food store at the Hobart Shopping Centre in Bryanston has an all-vegetarian restaurant, which serves a daily buffet from 11:30 onwards. It also offers gluten and wheat-free options.
4. **Greenside Café** – It is 100% vegan and vegetarian, and the meals are jampacked with delicious nutrients. The menu offers salads, wraps, pizzas and pastas, and also caters to individuals on a gluten-free diet.
5. **Leafy Green's Café** – Situated on a blissful, organic farm outside Muldersdrift, Leafy Green's boasts a lifelong passion for keeping people healthy, and a menu that stays in line with the season. It has a fresh, organic, raw and vegan menu, dairy and cholesterol-free. There are buffets on weekends, and a small gourmet menu from Wednesday to Friday. The delicious deserts are sugar-, dairy-, gluten- and wheat-free.

HOLIDAY TIME WITH  
THE FAMILY DOESN'T  
MEAN HEALTHY  
GOES OUT OF THE  
WINDOW

Let us know some of your favourite healthy spots  
@longevitymag #favouriteSAhealthyspots

## KwaZulu-Natal:

1. **Arts Café** – This café, in Glenwood, boasts a wide variety of vegetarian options. A large proportion of the veggies are organic, and the chicken and eggs are free-range. The burgers are made from lean mince and there are rye bread options. Sit outside under a beautiful canopy of trees while enjoying this healthy cuisine.
2. **Earthmother Organic** – Also in Glenwood, Earthmother Organic has a menu that is gluten-free, vegetarian, organic and ethical. What more could you ask from a gorgeous breakfast and lunch spot? Well, a deli that offers healthy take-home treats doesn't hurt.
3. **Eatwise** – This is a fantastic online food café and smoothie bar. All orders are placed online and delivered to you. Each meal includes calorie count, carb count, fat count and protein count. It will also total your calorie, carb, fat and protein count for the entire order. You will find wraps, salads, Thai noodles, chicken breasts, beef fillet, fresh grilled linefish, calamari, prawns, ostrich, sweet potato, fresh fruit and veg, frozen yoghurt and muffins. This is ideal for family picnics or romantic evenings on the beach.
4. **Market** – This café/restaurant is situated in a quiet courtyard behind a 1930s colonial building at the foot of Durban's Berea, in Marriot Road, Essenwood. The menu is split between meat and vegetarian dishes, and all produce is either organic or locally grown. It also has gluten-free options.
5. **Nourish** – This modern café in Westville is 100% devoted to fresh and wholesome food. It offers mezze platters, Thai curries and salads, with plenty of vegetarian options. One of the owners, Katie, has a degree in dietetics.



## The Garden Route:

1. **The VegTable Dining Room** – In a cottage in a pecan-nut orchard on the Motherearthworm Farm, 5,7km along the Rheeendal Road, VegTable describes itself as a celebration of locally and organically grown vegetables. Join chef Brett Garvie for a four-course vegetarian feast. The menu is constantly changing; seasonal vegetables are turned into classically combined meals – sometimes with an unusual twist! Be sure to book a table in advance and, as only fresh water and ice is served, BYO drinks.
2. **Liv Green at River Café** – To be found on Green Point Avenue in Plettenberg Bay, River Café sports beautiful natural views, and serves a range of healthy breakfasts, light meals, smoothies and fresh juices. All items on the menu are free from chemicals and preservatives, with the majority of the fresh produce grown on site in its vegetable garden.
3. **Grain Mill Organic Bistro** – Located in Knysna, its emphasis is on local, sustainable, organic, free-range and unprocessed food. It produces its own organic spelt flour, which is used to make bread, rolls and other flour-based products. There is an organic market adjacent to the bistro, where you can pick up high-quality cheeses and locally made, probiotic-rich yoghurt.
4. **Muse** – Situated in Knysna, this restaurant serves food in buffet style, boasting a wide variety of healthy options and vegetarian dishes. It also hosts an on-site health-food store for all of your travel food necessities.





# IDEAS FOR SUMMER:

LOOKING FOR SOMETHING NEW, INTERESTING AND HEALTHY TO DO THIS HOLIDAY SEASON? WHY NOT TRY SOME OF THESE SUGGESTIONS?

Image: Gil K / Shutterstock.com

## Gauteng:

- 1.** Honeydew "A-Maize-Ing" Mazes – Situated in Boland Street, this venue offers active outdoor fun for the whole family. Find your way through four different mazes. The Giant Maze has questions you will need to answer as you progress to each new section – you will get an ice lolly as a prize after handing in your answer sheet. The Rope Maze could leave you all tangled up. The Indigenous Maze: can you follow the rules and still find your way out? The Six Minute Mazes consist of five unique logic puzzles designed to test your strategic thinking and mind-mapping skills.

**Open:** Every day, public holidays and weekends from 10am to 5pm

**Cost:** R120 per adult and R80 per child (under 16)

**Contact:** 073 795 2174

- 2.** Kitchener's Comedy Night – Head to Kitchener's Carvery Bar in Braamfontein, and experience South Africa's most renowned and emerging comedic talents.

**Open:** Tuesday night at 8pm

**Cost:** R20

**Contact:** 011 403 0166

- 3.** *Take a Tour with PAST Experiences* – This is the original Joburg walking tour. The budget tours are aimed at locals, to encourage residents to see corners of the city that they otherwise wouldn't have seen. From bargain shopping on Smal Street to lunch in Vilakazi Street, Soweto, this is all about discovering the city on foot.

**Open:** 7 days a week

**Cost:** R120-R400, depending on tour

**Contact:** 011 678 3905/083 701 3046

- 4.** *The Johannesburg Botanical Gardens* – Located in Waterval, the gardens are an ideal place to hike, jog or go for a family picnic. Explore the diversity of plant life, go birdwatching or simply meditate to the calming sound of the waterfall. This is an ideal spot for healthy relaxation this holiday.

**Open:** 7 days a week

**Cost:** Entrance is free.

**Contact:** 011 712 6600

- 5.** *Shelter Rock* – Abseil in the Magaliesberg. Climb the so-called "stepladder to the stars", and then abseil down

the Magaliesberg cliff face on a 100m double-pitch abseil. Included is a light breakfast on arrival, refreshments, gear and qualified instructors. Breakfast is served strictly at 8.30am. Booking is essential.

**Open:** 5 days a week, from 9am on weekends by arrangement

**Cost:** R550 per person, minimum of 6 people

**Contact:** 071 473 6298

- 6.** *Saddle Creek Ranch* – Adventures in the Magaliesberg include horseriding in the peaceful countryside, with beautiful mountain scenery and lovely bush trails. The horses are calm and well trained; beginners, children, families and experienced riders are all welcome. There are special trails, such as the Champagne Picnic and Trail Ride to the Magalies River, as romantic ideas for vacationing couples. The ranch also offers quads and go-karting, archery, game drives, helicopter flights, microflights and hot-air ballooning.

**Open:** 7 days a week

**Cost:** Varies, depending on package



Grobler du Preez / Shutterstock.com

## Western Cape:

**1. Kaskazi Kayaks** – Travel the coast on a colourful ocean safari with Kaskazi Kayaks. It has the ideal location from which to launch and explore the Table Bay coastline from the sea, providing unique and spectacular photo opportunities. Trips are usually around two hours, and are weather-dependent. Booking is essential.

**Contact:** Visit [www.kayak.co.za](http://www.kayak.co.za) for more information.

**2. Ocean Riders** – Try your hand at stand-up paddle-boarding around the Cape Peninsula. Stand-up paddle-surfing or boarding is one of the fastest-growing watersports in the world. It's safe, fun, healthy and easy to learn; you will be up and "walking on water" within half an hour. Head to Waterfront Canals Muizenberg, Hout Bay, Big Bay, Clifton and Camps Bay in December and January.

**Cost:** Private lessons from R450-R550; group lessons from R200 to R350; rentals from R120-R400 (dependent on location and season)

**Contact:** Visit [www.oceanriders.co.za](http://www.oceanriders.co.za), call 021 5100 503 or 082 454 0398, or email [info@oceanriders.co.za](mailto:info@oceanriders.co.za).

**3. Rent A Bike** – If cycling is your thing, take a tour through the Western Cape's exquisite natural beauty and cultural sites. Rent A Bike's vision is simple: to encourage visitors to have a different and eye-opening experience of Cape Town's culture and natural beauty, by bicycle. It even offers guided wine, family, fynbos and classic adventure tours.

**Cost:** R550-R790 per person (depending on tour)

**Contact:** [www.rentabicycle.co.za](http://www.rentabicycle.co.za).

**4. Bundi River Rafters** – Enjoy an expedition up the picturesque Breede River. The 10km guided distance makes this ideal for first-time rafters, and is suitable for young and old. You can choose from a standard full-day or one or two nights' stay.

**Cost:** Dependent on requirements

**Contact:** Visit [www.bundi.co.za](http://www.bundi.co.za), call 021 975 9727, or email [info@bundi.co.za](mailto:info@bundi.co.za).

**5. Cape Adventure Zone** – Explore the Stellenbosch Winelands on horseback, tailor-made to suit

all levels of experience. You can choose from a basic 1,5-hour outride with craft beer tasting, a 2-hour wine-tasting, or a 2-hour ride with bubbly, nougat and cheese.

**Cost:** From R400-R700 per person, depending on package

**Contact:** Visit [www.capecadventurezone.com](http://www.capecadventurezone.com), call 021 865 2246 or 083 313 4821, or email [info@capecadventurezone.com](mailto:info@capecadventurezone.com).

**6. Polkadraai Farm** – Strawberry picking is available from July to December, or visit the farm stall, open daily. Bring your own picnic basket and relax on the lawns alongside the strawberry fields.

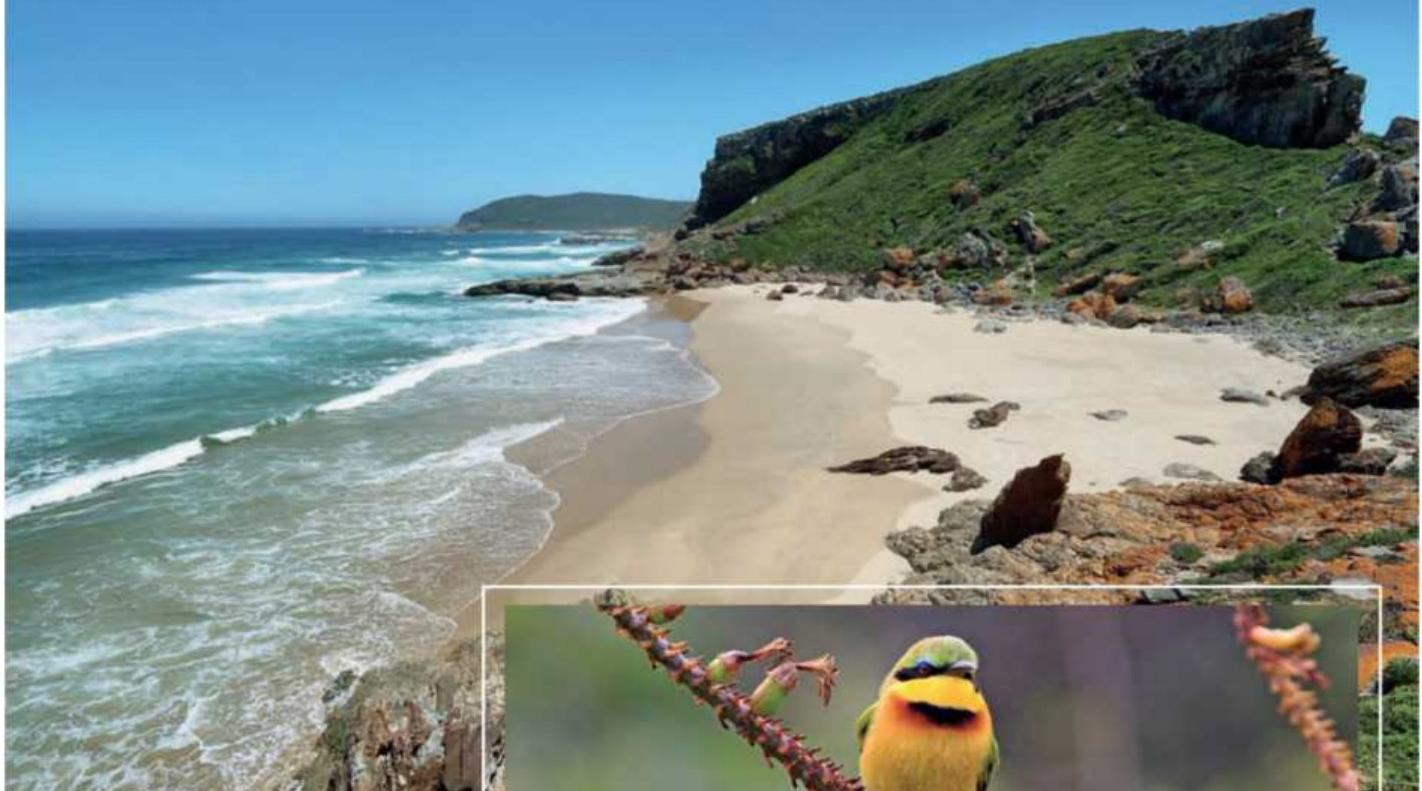
**Cost:** R30-R170 per container, available in four sizes.

**Contact:** Visit [www.polkadraaifarm.co.za](http://www.polkadraaifarm.co.za), call 021 881 3854, or email [info@polkadraaifarm.co.za](mailto:info@polkadraaifarm.co.za).

**7. Jamin Adventures** – It offers a whole host of activities, from surfing and kiteboarding to horse safaris, game drives and tree-top canopy tours.

**Cost:** Dependent on activity

**Contact:** Visit [www.jaminadventures.com](http://www.jaminadventures.com), email [info@jaminadventures.com](mailto:info@jaminadventures.com), or call 044 533 3727 or 082 807 0895.



## The Garden Route:

- 1.** *Robberg Nature Reserve* – Offering a trail of 2km, 5km or 9km, Robberg is an easy, picturesque walk leading to a beach near The Island. Once you arrive, there are fantastic views and a cave inhabited by the San people thousands of years ago. If approached by boat, the peninsula of Robberg's has a vast diversity of marine and bird life.  
**Open:** 7 days a week (8am to 5pm)  
**Cost:** Conservation fee R40 for adults, R20 for kids; self-catering fee R875  
**Contact:** 021 483 0190

- 2.** *Birds of Eden* – Walk through a giant aviary of multicoloured birds. The unique 2ha dome (the world's largest) spans a gorge of indigenous forest. The birds that inhabit the Eden are either donated by the public or would not be able to fend for themselves in the wild if released. The sanctuary has its own walk-behind waterfall.

**Open:** 7 days a week (8am to 6pm)  
**Cost:** Entrance is free unless you would like a guided tour.  
**Contact:** 082 979 5683

- 3.** *Salt River Mouth Hiking Trail* – Situated in Nature's Valley, this is a 5km circular route through the heart of the Tsitsikamma forest, bordered on one side by mountains and on the other by beach. Enjoy breathtaking views while admiring fynbos, proteas, candlewood, false saffron and keurboom trees. You may also catch site of a bush pig or Cape clawless otter!

**Open:** 7 days a week  
**Cost:** No more than R100 per person  
**Contact:** Get your map and permit from the office at De Vasselot campsite.

- 4.** *Grysok and Bushbuck Trails* – Located in Grootvadersbosch Nature Reserve, near the village of Suurbaak, Cape Overberg, the Bushbuck and Grysok trails are 10km and 15km respectively, but are made up of a selection of

trails, the shortest of which is 2km. The Bushbuck trail winds through the indigenous forest that lines the Duivenhoks River, and hosts a bird hide. The Grysok trail is more exposed, so be sure to wear a hat and sunscreen, and take lots of water.

**Open:** 7 days a week during the day  
**Cost:** Price on request  
**Contact:** 021 483 0190

- 5.** *Ocean Encounters* – Situated on Central Beach in Plettenberg Bay, it offers you an ecological adventure. View bottlenose dolphins and rare Indo-Pacific humpback dolphins, encounter shark species and perhaps even resident Bryde's whales, if not southern right and humpback whales during their season. View the growing Cape fur seal colony and get a brief history of Robberg Peninsula.  
**Open:** By arrangement  
**Cost:** Price on request  
**Contact:** 044 533 4897



Image: Gabriel Tiano Photography, Timothy Hodgkinson, ChameleonsEye / Shutterstock.com

## KwaZulu-Natal:

- Umhlanga Lagoon Hiking Trail** – Umhlanga Lagoon Nature Reserve is a wilderness that consists of a wetland, a coastal and dune forest, and is home to many birds, animals and plants. The walk is perfect for an outdoor family trip, as it is not too long or too difficult; you can also experience an informative, guided version of the walk through Breakers Hotel. Once you reach the lagoon, it is the perfect place to relax and enjoy the summer.

**Open:** 7 days a week  
**Cost:** Price on request  
**Contact:** 031 561 4257

- Giba Gorge Horse Trails** – Located in Durban, they accommodate people of all ages and levels of skill. The trails are exquisite and include rivers, waterfalls, and an abundance of flora, fauna and wildlife.

**Open:** 7 days a week  
**Cost:** On request  
**Contact:** 082 623 3783

- 3-Hour Beachfront and Stadium Cycle** – This eco-active cycle starts and ends at the Southern Sun Elangeni Hotel, on the beachfront. This is a guided tour along the Golden Mile, visiting the mouth of the Emgeni River and Blue Lagoon, a place known for its birdwatching, and then heading back alongside the beachfront and Durban's 2010 World Cup stadium. All equipment is provided.

**Open:** 7 days a week  
**Cost:** On request  
**Contact:** 071 887 3079

- Wave House** – This is the ultimate family destination in Durban. Surf artificially created waves, cool off in pools, eat delicious food and enjoy good music. It's the ideal way to get your kids off the sofa, outdoors and active, and a fun way for you to exercise as well.

**Open:** Mon-Thurs from 9am to 8pm, Friday and Saturday from 9am to 10pm, and Sunday from 9am to 7pm  
**Cost:** Price on request **Contact:** 031 584 9400



## ***Eastern Cape:***

1. **Kelly's Beach** – This beach in Port Alfred has two viewing decks. From here you can look out over the beach, whale-spot or watch a spectacularly beautiful sunset. The beach starts at the Kowie River estuary mouth, and is renowned for its fine sand and fantastic swimming conditions. It has good on-site facilities and is family-friendly. Take a long walk or jog along the beachfront, and work your leg muscles in the sand.

**Open:** During the day

**Cost:** Free

2. **Burnside Touch Farm** – Located 9,5km from Beacon Bay, Burnside Touch Farm offers you a great day out with the kids. Feed a variety of domesticated animals, such as donkeys, cows, bunnies, goats, chickens, turkeys, emus, ducks, geese and pigs. Enjoy the ocean view from the boat swing. There are on-site jungle gyms, as well as four-wheel cart rides. Relax under a tree at the dam while the little ones play. The tea garden serves healthy options for all ages.

3. **Canoeing on the Sundays River** – Explore the gorgeous Sundays River, in Greater Addo, in a canoe. Choose the leisure rowing experience or the organised canoe trails. The river is 250km long, with its source in the Compassberg Mountains near

Nieu-Bethesda. It passes through Graaff-Reinet in the Karoo, before journeying through the Zuurberg Mountains, past Kirkwood and Addo in the fertile Sundays River Valley. It empties into the Indian Ocean at Algoa Bay.

**Open:** By arrangement

**Cost:** Price on request

**Contact:** 041 468 0238 or 082 897 2859

4. **Addo Elephant Park** – This reserve in the Sundays River Valley is South Africa's third-largest, and thankfully malaria-free. Addo is home to one of the largest African elephant populations, with an estimated 550 individuals. More recently, Addo became the only park in the world to lay claim to Africa's Big 7; elephant, rhino, lion, buffalo, leopard, southern right whale and great white shark. The best place to see the elephants is at the waterholes, as elephants have to drink 190 litres of water a day. Activities include hiking and nature walks, water activities, 4x4 routes, horseriding, game drives and birdwatching.

**Open:** 7 days a week

**Cost:** Price on request

**Contact:** 042 233 8600



## Free State:

### 1. Vaal Art & Organic Market

– Located on the edge of the Vredefort Dome World Heritage Site, 18km from Parys, the picturesque river estate has a wonderful view of the wide Vaal River, including several islands. The aim of the market is to promote going organic. There is a hall with stalls that are dedicated to wine-tasting, microbreweries, cheeses and olives / olive products. The entrance fee covers all adventure activities, swimming and children's entertainment.

**Open:** First Sunday of every month, from 9am

**Cost:** Up to R100 per person

**Contact:** 056 818 1410

### 2. Birdwatching at Carryblaire

– The Carryblaire River Retreat in Parys is a registered bird sanctuary that boasts 450 different species of birds. The owners state that they see goliath herons, paradise flycatchers, spotted eagle owls, cardinal woodpeckers, black-breasted prinias and fish eagles from time to time, as well as white eyes, sunbirds, black-collared barbets,

bishop birds and crested barbets on a daily basis.

**Open:** By arrangement only

**Cost:** Price on request

**Contact:** 056 818 1771 or 072 178 769

### 3. Horseriding at Mont Plaisir

– Enjoy the beauty of the outdoors on horseback, courtesy of Mont Plaisir Guest Farm in Fouriesburg. Choose day rides, which leave on the hour and cater for children, take the all-day leisure ride for an included lunch, or a cross-country ride that can last two or three days, depending on your requirements, and includes a stopover at a beautiful farm.

**Open:** By arrangement only

**Cost:** Price on request

**Contact:** 058 233 0505

### 4. Waterkloof Hiking Trail

– In Moolmanshoek Private Nature Reserve, Ficksburg, this hiking trail offers you the opportunity to challenge your fitness and really get a good workout. You can choose between the 22km two-day option and the 33km three-day option. The hike covers the slopes of the area's two most famous mountains, Visierkerf

and Sikonjella's Hat, with unparalleled views. Your base camp is a comfortable hiking accommodation with electricity, toilets and showers. The lapa has a fireplace, braai facilities and wood supplies. You sleep out overnight at Barolong Cave, so you will require a mattress and cooking supplies.

**Open:** Booking essential, by arrangement only

**Cost:** Price on request

**Contact:** 041 366 2984

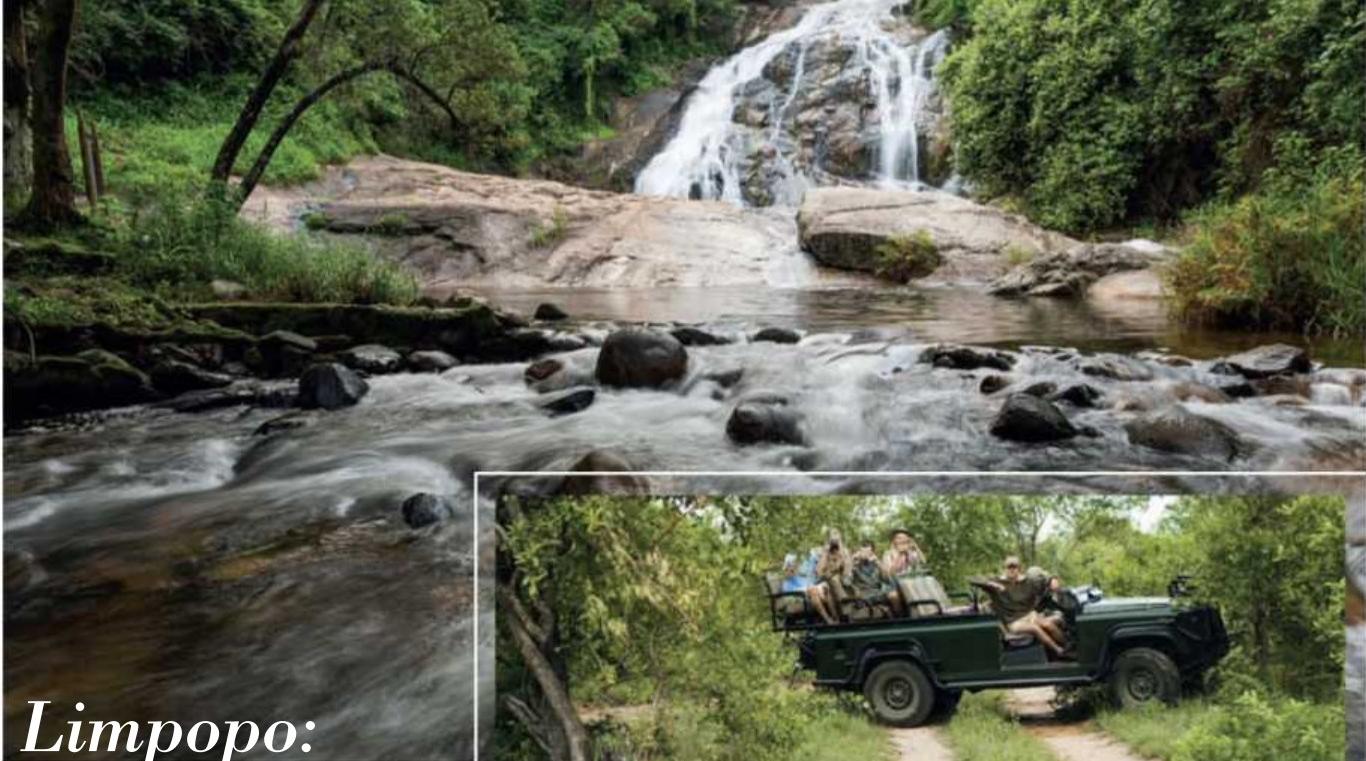
### 5. Thaba 'Nchu Trail

– This 9km trail in the Motheo District is fairly easy-going and suitable for children. You will find the route well marked, with ample picnic spots available if you just veer slightly off the path. The mountain was a lookout spot during the Anglo Boer War, and it is still possible to see some of the old walls that were built to keep in cattle. Expect beautiful views and a day of healthy family fun.

**Open:** During the day

**Cost:** Free

**Contact:** The Glamorgan Farm, before embarking on the trail, to collect your permit.



## Limpopo:



- 1. Mabudashango Hiking Trail –** This four-day trail will take you through the mountainous eastern fringe of the Soutpansberg. The trail runs through the sacred forest of the Magoebaskloof, densely populated with indigenous plants and containing the burial ground of the Venda chiefs. The hike also offers you the opportunity to view Lake Fundudzi, which is so well protected by locals that one usually has to perform a number of traditional rituals in order to be allowed passage. The hike takes you past hidden waterfalls and allows for sightings of the marina trogons and Knysna loeries. Overnight camps are basic, but with running water and toilets.

**Open:** By arrangement only  
**Cost:** Price on request  
**Contact:** 015 516 0040

- 2. Rooikat Trail –** This 11km circular walk in Tzaneen will take you through a pretty forest of pine, matumi, Natal mahogany and forest cabbage. The rooikat

(or caracal) inhabits the area; however, as they are nocturnal, you are unlikely to spot one. You will spot duiker, baboons, bushbuck, as well as samango and velvet monkeys. Stopping along the Bobs River for lunch and a swim is highly recommended. This route is family-friendly and takes an average of five hours to complete.

**Open:** During the day  
**Cost:** Price on request  
**Contact:** 015 307 2680

- 3. Family Safaris at Ant's Nest –** In Vaalwater, these safaris showcase some of the most wondrous, untouched parts of South Africa. What really sets these tours apart is their dedication to exposing children to the workings of nature. Parents are encouraged to join children in discovering the local fauna and flora. There are pony rides through the countryside, as well as spoor trails designed to teach children how to identify

which animals are nearby, and how to follow and find them in the bush. There are also open 4x4 game drives, where the rare sable antelope can be seen. There is an on-site swimming pool and trampoline.

**Open:** By arrangement  
**Cost:** Price on request  
**Contact:** 083 287 2885 or 087 820 7233

- 4. Mashovhela Rock Pool –** Located in Makhado, this is a sacred site in the Venda culture, still sometimes used by traditional巫doctors in rain-making ceremonies. Have lunch on a nearby flat rock while watching a beautiful cascading waterfall. Ideal for both romantic and family outings.

**Open:** During the day  
**Cost:** Price on request  
**Contact:** 012 991 6930 or 079 427 6333 ■

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# LAST word

BY RICH MULHOLLAND



# BREAK *time*

## BUT IS IT REALLY A HOLIDAY?

**S**heesh, this has felt like a long year. Look, generally speaking I'd say that I don't like to work too hard. By that I mean late nights and weekends. I'm happy to put in as much as I need to in the old weekday, 9-5. In spite of that, though, I'm knackered. I need a break.

The problem is that every time I go away on holiday, I come back exhausted. Holidays are not for the faint of heart. There's rushing around airports, heavily packed tourist schedules and, if it's a snowboard holiday, a lot of physical effort.

This year, my December holiday is combined with some speaking work around the USA and Canada, so not a complete break. It's just not relaxing.

I've been saying this to people, and often their reply is, "You know what you need to do? Stay home!"

To me, this is even less relaxing. Primarily because, if you sit in the house too long, you either get cabin fever or see something that needs fixing. Look, I enjoy a visit to Builders' Warehouse as much as the next guy (I know they don't officially use an apostrophe, but they

really should) – it's just not a break.

Why is this so hard? Relaxing isn't something you have to do; it's your natural position. Relaxing is simply the absence of stuff. It's more being than doing – and I think that's where we get it wrong.

For some reason we feel that holidays, and weekends, need to be crammed full of stuff to do, or else they're wasted. We are predisposed to believe that the answer to any question about how we're doing should be, "I'm so busy". As if not being busy makes you look like you're just not trying hard enough.

Stop. Just stop.

I get that there's a lot on the go, and I get that it's hard, and that kids and jobs are demanding, but it's called a vacation because you need to vacate stuff, get away, relax, and take time for yourself.

Even if you do have a big international holiday on the cards, be sure to pack a few books, and certainly don't feel the need to do every single touristy thing on offer. The job is to recharge your batteries, not deplete them further.

For this reason, for the first week of my holiday period, Jazz, the kids and I are doing a week in Mauritius. Personally, I'm not a fan of beaches, or being warm really – but I am a fan of books and board games. And if all I do for a week is read books and play games, then I'll feel as if I've won the holiday lottery.

There's a quote in presentation design that says, "You know you've designed a great slide, not when there's nothing left to add, but when there's nothing left to take away." I'm starting to believe that that works just as well when it comes to holidays.

So, in the words of Frankie goes to Hollywood, "Relax, don't do it." Happy holidays everyone :) ■



RICHARD MULHOLLAND IS AN ENTREPRENEUR, SPEAKER AND FATHER. HE OWNS MISSING LINK, A PRESENTATION COMPANY, AND CO-OWNS 21TANKS, A PERSPECTIVE INNOVATION LAB. YOU CAN READ MORE OF HIS RAMBLINGS AT [WWW.RICHARDMULHOLLAND.CO.ZA/](http://WWW.RICHARDMULHOLLAND.CO.ZA/) OR FOLLOW HIM ON TWITTER @RICHMULHOLLAND.



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